your peace of mind starts with our four Commitments

美乐家的承诺让您身心宁静

Look For These 4 Symbols...

留意这4个标志...

Melaleuca has never been about just selling products. From the beginning, we've been dedicated to offering a better alternative to the ordinary—solutions that are safer, greener, healthier, and offer a real value. Those are the pillars we've built our reputation on, and they're still what sets Melaleuca apart today.

美乐家不仅是售卖产品。从一开始，我们就致力于为普通货物提供更优越的选择 – 更安全、更环保、更健康、具有真正价值的产品。从开始到现在，这就是美乐家名誉的支柱。

Safer for Your Home

We believe that cleaning your home shouldn't have to compromise the safety of your home and family. That's why Melaleuca products are powered by naturally derived enzymes and natural oils, such as the oil of thyme, instead of caustic chemicals like ammonia, chlorine bleach, and phosphates.

对居家更安全

我们相信，彻底的居家清洁并不一定要牺牲家人与居室的安全性。这就是为什么美乐家的产品均采用天然酵素和天然植物油，如百里香油，而不用有害的化学物品，如氨水、氯漂白剂、及磷酸盐。

...throughout this catalog to learn more about just a few of the ways Melaleuca products deliver safer, greener, healthier, and better products.

...出现在产品目录中，让您认识到美乐家的产品是如此的更安全、更环保、更健康、及更优质。

Better for Your Health

Whether you want to protect your heart health, stop hunger cravings, or soften severely dry skin, we believe there's a more natural, and healthier way to achieve it. Melaleuca products combine time-tested natural ingredients with the latest scientific technologies to create effective, "better for you" solutions.

对身体更健康

无论您想要保护心脏健康、停止食欲、或者改善干燥肌肤状况，我们坚信有更天然、更健康的解决方式。美乐家的产品结合了经久不衰的天然成份与最新科学技术，研制出有效及有益的解决方案。

Gentler on the Environment

We believe improving the wellness of your home and family shouldn't make the world a dirtier place. Our concentrated formulas and multi-use containers save plastic and take less energy to transport. That means less waste for you and less impact on the world around you.

对环境更环保

我们坚信在改善居家与家人健康之余而不污染地球。我们采用超浓缩配方及多次用途容器可减少塑料的应用，并帮助节省运输过程所消耗的能源。这意味着垃圾的减少，也降低对环境的污染。

A Better Value

When Melaleuca began calling itself **Melaleuca: The Wellness Company**, we set the bar pretty high. We develop products that exemplify Melaleuca's high standards of purity, effectiveness, ideal source and minimal impact."

更货真价实

当美乐家自称为富足之家时，我们就设定了偏高的标准。我们研制的产品例证了美乐家对产品的纯粹、效能、原料、及负面影响的重视。

VITALITY FOR LIFE
生命活力系列

Why Do You Need Minerals and Vitamins?
为什么人体需要矿物质和维生素?

A closer look at the critical nutrients found in *Vitality Multivitamin & Mineral™* and the benefit they provide.

详细分析以下关键的营养成份蕴含哪些人体所需的优质功效。

MINERAL 矿物质	BENEFIT 优质功效
Calcium 钙	Strengthens bones and teeth, regulates muscle and heart activity and aids in blood clotting 强骨、固齿、调节肌肉及心脏的活动、促进凝血功能
Phosphorus 磷	Aids in energy production, strengthens bones and teeth 补充能量、强骨、固齿
Magnesium 镁	Aids in muscle and heart contraction, proper function of nerves 有效帮助肌肉及心脏收缩、提高神经机能
Iron 铁	Delivery of oxygen throughout the body, hemoglobin synthesis and support immune system 促进体内氧气循环及血红蛋白的合成、加强免疫系统
Zinc 锌	Maintains healthy immune function, supports insulin synthesis and wound healing 维护免疫系统的健康、帮助胰岛素合成、促进愈合
Copper 铜	Aids in energy production, antioxidant protection and metabolism of iron 补充能量、抗氧化作用、有效帮助铁质代谢
Selenium 硒	Promotes antioxidant activity and maintains thyroid hormone metabolism 抗氧化作用、对甲状腺激素起调节作用
Manganese 锰	Aids in bone and ligament formation and antioxidant protection 有效帮助加强骨质及韧带弹性、抗氧化作用
Iodine 碘	Maintains proper thyroid function and energy production 维持甲状腺的正常功能、补充能量
Molybdenum 钼	Aids in fat metabolism and supports detoxification system 有效帮助脂肪代谢、加强体内排毒系统
Boron 硼	Improves energy utilization and enhances the body's ability to absorb calcium and magnesium 补充能量、帮助体内有效吸收钙和镁
Chromium 铬	Aids in glucose metabolism and potentiates insulin function 有效帮助葡萄糖代谢、加强胰岛素的功能

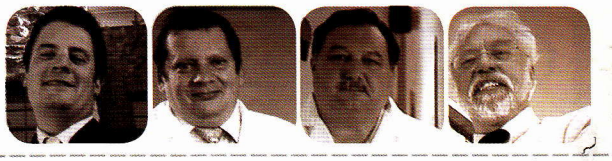
VITAMIN 维生素	BENEFIT 优质功效
Vitamin A (beta-carotene) 维生素A (B-胡萝卜素)	Aids in healthy vision and antioxidant protection 维持正常的视觉反应、抗氧化作用
Vitamin D 维生素D	Enhances calcium absorption, strengthens bones and teeth 有效的促进钙质吸收、强骨、固齿
Vitamin E 维生素E	Supports immune system and acts as antioxidant protection 抗氧化作用、提高免疫系统
Vitamin C 维生素C	Improves immune system and maintains the integrity of connective tissue 提高免疫系统、维护完善的结缔组织
Thiamin (Vitamin B1) 硫胺 (维生素B1)	Helps maintain proper function of nerves and metabolism of carbohydrates 帮助维护神经机能、有效帮助碳水化合物代谢
Riboflavin (Vitamin B2) 核黄素 (维生素B2)	Formation of hemoglobin and supports the metabolism of carbohydrates, fats and proteins 促进血红蛋白的形成、有效帮助碳水化合物、脂肪及蛋白质代谢
Niacin (Vitamin B3) 烟酸 (维生素B3)	Aids in metabolism of carbohydrate and maintains healthy digestive system 有效帮助碳水化合物代谢、维护消化系统的健康
Vitamin B6 维生素B6	Aids in the metabolism of carbohydrates and the formation of neurotransmitters 有效帮助碳水化合物代谢、帮助神经传递素的形成
Vitamin B12 维生素B12	Aids in the metabolism and the formation of hemoglobin 有效帮助健康的新陈代谢、促进血红蛋白的形成
Folate 叶酸	Aids in formation of hemoglobin and metabolism of tyrosine 有效帮助血红蛋白的形成、帮助酪氨酸代谢
Pantothenic Acid (Vitamin B5) 泛酸 (维生素B5)	Improves body's resistance to stress and formation of antibodies 有效对抗身体压力、帮助抗体的形成
Biotin 生物素	Aids in metabolism of food and maintains healthy skin and hair 有效帮助食物代谢、维护皮肤和发质的健康

Leading Free Radical Scientists

Discover Mineral Form Able to Reduce Free Radical Generation in Multivitamin-Mineral Supplements

知名自由基科学家

研发出在综合维他命中能够减少自由基产生的矿物质形态



Melaleuca's Director of Research and Development Jeremy Ivie and Senior Scientist Alexander Rabovsky, PhD. developed the technology. Andrei Komarov, MD, PhD, of The George Washington University and Garry Buettner, PhD, professor of free radical science at The University of Iowa tested and verified the technology.

美乐家研发部主任Jeremy Ivie和高级科学家Alexander Rabovsky教授研发此技术。乔治华盛顿大学研究员Andrei Komarov教授和爱荷华州大学自由基学Garry Buettner教授测验并证实此技术。

The minerals in many multivitamins can lower the amount of antioxidants that are available for absorption. That's because minerals like iron and copper act as free radical triggers in the digestive system — setting off a cascade of free radical activity. The antioxidants within the same supplement are then forced to neutralize these free radicals.

Melaleuca is the first supplement manufacturer to introduce a formula designed to reduce free radical generation of minerals during digestion.

Building on the *Fructose Compounding* technology introduced nearly 20 years ago, Melaleuca scientists have now unveiled a unique mineral complex. Called *Oligofructose Complex*™, it delivers mineral in a form that mirrors the way they are naturally found in fruits, vegetables, and other foods to help provide energy, vitality, and balanced nutrition. Before being mixed with other nutrients, including antioxidants, the minerals are complexed with amino acids and oligofructose fiber, thus disarming the minerals' ability to generate free radicals.

"For years, vitamin supplements have been formulated with the antioxidant vitamins and minerals together. As soon as you take them into the gut, they begin fighting. The minerals always win. Antioxidants lose and are destroyed," said Dr. Garry Buettner. "Oligofructose with amino acids surround the minerals and keep them from interacting with vitamins and thus destroying them. Copper and iron, for example, and other minerals readily react with vitamin C, resulting in its oxidation, its destruction. One of the goals of *Oligofructose Complex* is to slow that process."

Using Electro Paramagnetic Resonance at his lab at The George Washington University in Washington, D.C., Dr. Komarov was able to verify the reduction of free radicals in the new complex versus other forms of minerals. "We started seeing that *Oligofructose Complex* was much more stable than the minerals themselves," said Dr. Komarov.

The ultimate benefit is a natural increase in the amount of readily available antioxidant vitamins. Antioxidants are critical to keeping the balance of free radicals in the body in check. This is incredibly important since free radicals damage cells on the molecular level and have been linked to poor health. Free radicals are also considered one of the principal reasons bodies degenerate with age.

一般传统综合维他命中的矿物质可减少所被吸收的抗氧化剂。这是因为铁、铜等矿物质会在消化系统中引发自由基的产生 - 造成一连串的自由基活动。促使这些抗氧化剂不得不去中和自由基。

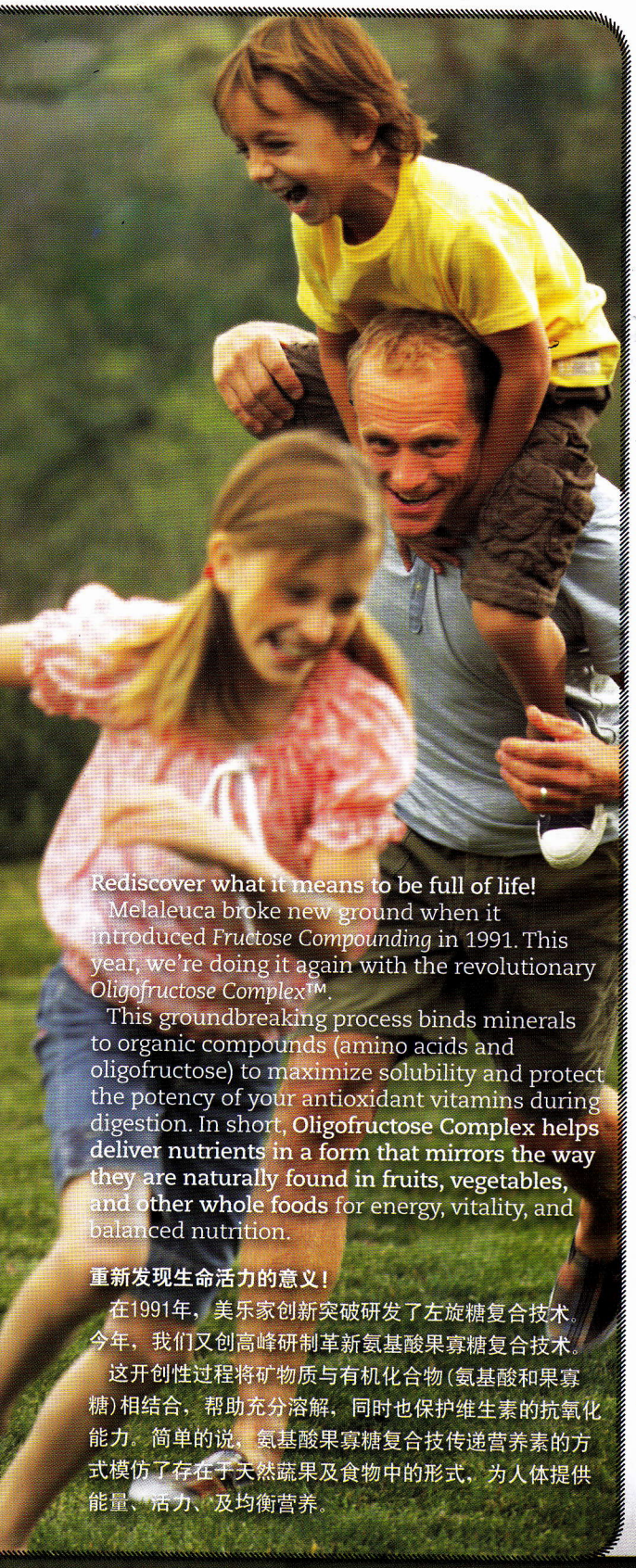
美乐家是率先研发出在消化矿物质过程中减少自由基产生的补助品制造商。

在20年前研发的左旋糖复合技术的基础上，美乐家科学家推出了一种独特的矿物质复合技术。称为氨基酸果寡糖复合技术，它传递矿物质的方式模仿了存在于天然蔬果食物中的形式，为人体提供能量、活力、及均衡营养。矿物质在与营养素和抗氧化剂复合之前，已经复合在氨基酸和果寡糖中，因此解除矿物质产生自由基的能力。

Garry Buettner教授说道："多年以来，传统维他命补助品同时包含了抗氧化维生素和矿物质。当您把补助品吞入肚内时，它们就开始竞争。矿物质总是胜利的。抗氧化剂却总是失败且被消灭。氨基酸果寡糖包围了矿物质，避免矿物质与维生素接触，破坏它们。铜、铁以及其他种类的矿物质很容易与维生素C产生反应，导致氧化，使功效大打折扣。氨基酸果寡糖复合技术的目标之一就是让氧化过程慢下来。"

Komarov教授在乔治华盛顿大学研究室运用电子顺磁共振，验证新复合技术与其它形态矿物质之间自由基降低的分别。他说道："我们发现氨基酸果寡糖复合物比单独存在的矿物质更加稳定。"

新技术最终的益处就是抗氧化维生素的增加。抗氧化剂对体内自由基的平衡是至关重要的。自由基在分子阶层损害细胞，导致身体不适。自由基的产生也是身体老化的主要因素。



Rediscover what it means to be full of life!

Melaleuca broke new ground when it introduced *Fructose Compounding* in 1991. This year, we're doing it again with the revolutionary *Oligofructose Complex*™.

This groundbreaking process binds minerals to organic compounds (amino acids and oligofructose) to maximize solubility and protect the potency of your antioxidant vitamins during digestion. In short, **Oligofructose Complex helps deliver nutrients in a form that mirrors the way they are naturally found in fruits, vegetables, and other whole foods** for energy, vitality, and balanced nutrition.

重新发现生命活力的意义！

在1991年，美乐家创新突破研发了左旋糖复合技术。今年，我们又创高峰研制革新氨基酸果寡糖复合技术。

这开创性过程将矿物质与有机化合物（氨基酸和果寡糖）相结合，帮助充分溶解，同时也保护维生素的抗氧化能力。简单的说，氨基酸果寡糖复合技传递营养素的方式模仿了存在于天然蔬果及食物中的形式，为人体提供能量、活力、及均衡营养。

INTRODUCING—

Oligofructose Complex™.

Only from Melaleuca!

全新推出 –

美乐家氨基酸果寡糖复合技术！

"Starving for Nutrition"

With our modern diet, there is little shortage of food, yet a majority of us are starving for nutrition. In fact, less than 20% of adults eat the recommended daily amount of fruits and vegetables they need on a daily basis. This is detrimental, because fruits and vegetables are the primary natural sources of vitamins and minerals. They provide nutrients that our bodies cannot make on their own and need to be replaced every day. Without adequate nourishment, the systems of the body are unable to function correctly, which may result in feeling tired, void of vitality, or being more susceptible to illness.

Reinventing the Multivitamin-mineral

To compensate for the nutritional gaps in our modern diet, doctors recommend that every adult regardless of age or health status needs to take a daily multivitamin.† But traditional multivitamins and minerals may not be as effective as you think. The minerals in traditional multivitamins are generally isolated, which can make them difficult for your body to absorb. In addition, isolated minerals can literally rob the vitamins of their critical antioxidant ability before they have a chance to be absorbed by the body.

Introducing Oligofructose Complex™

The *Vitality Pack*® is the first and only multivitamin-mineral supplement in the world to utilize patent-pending *Oligofructose Complex*. This groundbreaking process addresses the fundamental problems found in traditional multivitamin and mineral supplements, making it the ideal supplement to close the nutritional gaps found in everyone's diet.

Maximum Mineral Solubility

Minerals are soluble (dissolve easily) in an acidic state. Because of this, they dissolve perfectly in the stomach. But as they move into the pH-neutral intestines—where nutrient absorption actually takes place—they fall out of solution (returning to their crystalline form), making them more difficult for the body to absorb.

Vitality Pack minerals are different. The minerals found in the *Vitality Pack* are bound to organic compounds (oligofructose and amino acids), mirroring the way minerals are naturally found in food. When oligofructose is broken down in the intestines, it creates a tiny, temporary "acid bubble." This "bubble" works synergistically with the amino acids to create the ideal environment for the attached mineral to be more soluble.

Antioxidant Potency Protection

As the isolated minerals found in typical multivitamins are digested, they drastically accelerate the amount of free radicals present. The antioxidants in your multivitamin (like vitamins A, C, and E) are then forced to neutralize the free radicals. As a result, they may be "used up" in the digestive tract and have much less antioxidant power by the time they are ready to be absorbed. *Oligofructose Complex* helps change that. *Oligofructose Complex* guards the minerals, limiting their ability to generate free radicals. As a result, antioxidants are protected from premature oxidation and are preserved in the intestines so they can be absorbed into the bloodstream for their true value inside the body.

"对营养的渴望"

在现代社会的饮食习惯，食物并不短缺，但许多人都缺少营养。事实上，低于20%的成人根据每天的所需食用足够的蔬菜水果。这对人体是有害的，因为水果和蔬菜是维生素及矿物质的天然来源。蔬果为我们提供人体无法生成并需要日常补给的营养素。在缺乏充足的营养下，我们的身体就不能保持最佳状态，人容易疲倦，没有精力，容易被病菌感染。

综合维他命的彻底改造

为了弥补现代饮食生活的缺陷，医生建议每个成人不论年龄或健康状况每天需要服用综合维他命†。但是传统综合维他命与矿物质也许没有您想像的有效。传统综合维他命中的矿物质是被隔离的，难以被身体吸收。此外，在维生素被身体吸收之前，这些被隔离的矿物质已经夺走了维生素的抗氧化能力。

氨基酸果寡糖复合技术的介绍

活力套装是全球首创及唯一运用氨基酸果寡糖复合技术的综合维他命矿物质补助品。这革新过程针对传统综合维他命矿物质补助品的基本问题，以填补现代饮食习惯的营养缺陷。

最佳矿物质溶解度

矿物质在酸性状况下易溶解，所以矿物质在胃内轻易被溶解。但当它们进入酸碱值均衡的肠内时一人体进行营养吸收之处一它们就会被分解出来（回返结晶化形态），结果难以被身体吸收。

活力套装的矿物质有所不同。这些矿物质与有机化合物（氨基酸和果寡糖）相结合，模仿了存在于天然食物中的矿物质。当氨基酸果寡糖在肠内被分解后，便形成了微小的、暂时性的"酸泡"。这"酸泡"连同氨基酸制造最佳环境让被结合的矿物质更易溶解。

抗氧化功能的保护

传统综合维他命中单独存在的矿物质被消化后，会加速自由基的大量生产。当中的抗氧化剂（例如维生素A、C、和E）被迫进行自由基的中和。结果，在消化道内的抗氧化剂就可能被消耗，抗氧化功能也就被减少。氨基酸果寡糖复合技术能改变这一切。氨基酸果寡糖复合物保卫着矿物质，抑制它们产生自由基的能力。这样一来，抗氧化剂能避免过早被氧化，并维持在肠内可以被吸收到血液系统内，使它们的价值保留在体内。

† Source: Journal of the American Medical Association, 2002

Independently Researched and Tested
经过独立研究与测验

1 Solubility of copper, iron, manganese and zinc at intestinal pH (7.0 – 7.2). Solubility for Melaleuca's form was determined as percent of ingredient remaining in solution at pH 7.0 after being at pH 1.0 (stomach conditions).

1 铜、铁、锰、锌在肠内酸碱值（7.0至7.2）状况的溶解度。美乐家矿物质形态的溶解度取决于在酸碱值1.0（胃状况）和7.0的溶剂所剩余成份的百分比。

2 Inorganic forms of copper are defined as 100% rate of free radical generation (determined as a result of free radical oxidation of 2', 7'-dichlorofluorescein catalyzed by different forms of copper).

2 无机形态的铜是经过100%的自由基产生（取决于使用不同形态的铜催化而导致2'，7'-二氯荧光素的氧化）。

* These statements have not been evaluated by the US Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
请遵医嘱，此产品不可代替药品及检查治疗或预防用。

Cost-Saving Packs for Nutrition That Fits Your Lifestyle

为您量身定做的省钱营养套装

Vitality – One Bottle, One Incredible Nutrient Value

Besides offering high levels of key nutrients, you'll also find the revolutionary *Oligofructose Complex*™ to help keep nutrients in a form your body can more easily use. And with an odorless, easy-to-swallow coating, it's easier than ever to get the nutrition you need to feel full of life – everyday.

活力充沛 — 超强营养价值

除了提供高份量的主要营养，革新氨基酸果寡糖复合技术确保营养素能轻易被身体吸收。无味、易食用的配方让您轻松吸收营养，全天感到活力充沛。

Women 女士配方 **400** | Men 男士配方 **401** | 50+ 银发配方 **402** | Calcium Complete 宝钙锭 **405**

Vitality Multivitamin & Mineral™† *90 tablets*
活力综合维他锭 *90片*
S$46.00 (S$29.90pc 12pts)
400 Women 女士配方 **401** Men 男士配方 **402** 50+ 银发配方

Vitality Calcium Complete™† *120 tablets*
活力宝钙锭 *120片*
405 S$35.00 (S$22.90pc 8pts)

Vitality Women

Supplement Facts
Serving Size 3 Tablets
Servings Per Container 30

Amount Per Serving	% Daily Value*
Vitamin A (as beta-carotene) 3000 IU	60%
Vitamin C (as ascorbic acid) 150 mg	250%
Vitamin D (as cholecalciferol) 200 IU	50%
Vitamin E (as d-alpha tocopheryl succinate) 30 IU	100%
Thiamin (as thiamin HCl) 15 mg	1000%
Riboflavin 17 mg	1000%
Niacin (as niacinamide) 75 mg	375%
Vitamin B6 (as pyridoxine HCl) 10 mg	500%
Folate (as folic acid) 800 mcg	200%
Vitamin B12 (as cyanocobalamin) 12 mcg	200%
Biotin (as d-biotin) 300 mcg	100%
Pantothenic Acid (as calcium pantothenate) 20 mg	200%
Calcium (as calcium carbonate, dicalcium phosphate, calcium citrate, calcium gluconate, calcium amino acid oligofructose complex) 250 mg	25%
Iron (as iron amino acid oligofructose complex) 9mg	50%
Phosphorus (as dicalcium phosphate) 65 mg	6%
Iodine (as iodine amino acid oligofructose complex) 150 mcg	100%
Magnesium (as magnesium oxide, magnesium lactate, magnesium citrate, magnesium amino acid oligofructose complex) 200 mg	50%
Zinc (as zinc amino acid oligofructose complex) 15 mg	100%
Selenium (as selenium amino acid oligofructose complex) 105 mcg	150%
Copper (as copper amino acid oligofructose complex) 3 mg	150%
Manganese (as manganese amino acid oligofructose complex) 2.5 mg	125%
Chromium (as chromium amino acid oligofructose complex) 120 mcg	100%
Molybdenum (as molybdenum amino acid oligofructose complex) 75 mcg	100%
Boron (as boron amino acid oligofructose complex) 150 mg	†

†Daily Value not established.

Other ingredients: Microcrystalline cellulose, croscarmellose sodium, sodium starch glycolate, silicon dioxide, hydroxypropyl methylcellulose, hydroxypropyl cellulose, stearic acid, polyethylene glycol, magnesium stearate, vanillin.

Vitality Men

Supplement Facts
Serving Size 3 Tablets
Servings Per Container 30

Amount Per Serving	% Daily Value*
Vitamin A (as beta-carotene) 3000 IU	60%
Vitamin C (as ascorbic acid) 150 mg	250%
Vitamin D (as cholecalciferol) 200 IU	50%
Vitamin E (as d-alpha tocopheryl succinate) 30 IU	100%
Thiamin (as thiamin HCl) 15 mg	1000%
Riboflavin 17 mg	1000%
Niacin (as niacinamide) 75 mg	375%
Vitamin B6 (as pyridoxine HCl) 10 mg	500%
Folate (as folic acid) 600 mcg	150%
Vitamin B12 (as cyanocobalamin) 12 mcg	200%
Biotin (as d-biotin) 60 mcg	20%
Pantothenic Acid (as calcium pantothenate) 20 mg	200%
Calcium (as calcium carbonate, dicalcium phosphate, calcium citrate, calcium gluconate, calcium amino acid oligofructose complex) 250 mg	25%
Phosphorus (as dicalcium phosphate) 65 mg	6%
Iodine (as iodine amino acid oligofructose complex) 150 mcg	100%
Magnesium (as magnesium oxide, magnesium lactate, magnesium citrate, magnesium amino acid oligofructose complex) 200 mg	50%
Zinc (as zinc amino acid oligofructose complex) 15 mg	100%
Selenium (as selenium amino acid oligofructose complex) 105 mcg	150%
Copper (as copper amino acid oligofructose complex) 3 mg	150%
Manganese (as manganese amino acid oligofructose complex) 4 mg	200%
Chromium (as chromium amino acid oligofructose complex) 120 mcg	100%
Molybdenum (as molybdenum amino acid oligofructose complex) 75 mcg	100%
Boron (as boron amino acid oligofructose complex) 150 mg	†

†Daily Value not established.

Other ingredients: Microcrystalline cellulose, croscarmellose sodium, sodium starch glycolate, silicon dioxide, hydroxypropyl methylcellulose, hydroxypropyl cellulose, stearic acid, polyethylene glycol, magnesium stearate, vanillin.

Vitality 50+

Supplement Facts
Serving Size 3 Tablets
Servings Per Container 30

Amount Per Serving	% Daily Value*
Vitamin A (as beta-carotene) 3500 IU	70%
Vitamin C (as ascorbic acid) 150 mg	250%
Vitamin D (as cholecalciferol) 200 IU	50%
Vitamin E (as d-alpha tocopheryl succinate) 45 IU	150%
Thiamin (as thiamin HCl) 7.5 mg	500%
Riboflavin 8.5 mg	500%
Niacin (as niacinamide) 75 mg	375%
Vitamin B6 (as pyridoxine HCl) 10 mg	500%
Folate (as folic acid) 600 mcg	150%
Vitamin B12 (as cyanocobalamin) 12 mcg	200%
Biotin (as d-biotin) 60 mcg	20%
Pantothenic Acid (as calcium pantothenate) 15 mg	150%
Calcium (as calcium carbonate, dicalcium phosphate, calcium citrate, calcium gluconate, calcium amino acid oligofructose complex) 250 mg	25%
Phosphorus (as dicalcium phosphate) 65 mg	6%
Iodine (as iodine amino acid oligofructose complex) 150 mcg	100%
Magnesium (as magnesium oxide, magnesium lactate, magnesium citrate, magnesium amino acid oligofructose complex) 200 mg	50%
Zinc (as zinc amino acid oligofructose complex) 15 mg	100%
Selenium (as selenium amino acid oligofructose complex) 105 mcg	150%
Copper (as copper amino acid oligofructose complex) 3 mg	150%
Manganese (as manganese amino acid oligofructose complex) 3 mg	150%
Chromium (as chromium amino acid oligofructose complex) 180 mcg	150%
Molybdenum (as molybdenum amino acid oligofructose complex) 90 mcg	120%
Boron (as boron amino acid oligofructose complex) 150 mg	†

†Daily Value not established.

Other ingredients: Microcrystalline cellulose, croscarmellose sodium, sodium starch glycolate, silicon dioxide, hydroxypropyl methylcellulose, hydroxypropyl cellulose, stearic acid, polyethylene glycol, magnesium stearate, vanillin.

Vitality Calcium Complete

Supplement Facts
Serving Size 3 Tablets
Servings Per Container 40

Per Day Men (3 tablets)	
Amount Per Serving	**% Daily Value***
Vitamin D (as cholecalciferol) 300 IU	75%
Calcium (as calcium carbonate, dicalcium phosphate, calcium citrate, calcium amino acid oligfructose complex) 750 mg	75%
Phosphorus (as dicalcium phosphate) 100 mg	10%
Magnesium (as magnesium oxide, magnesium amino acid oligfructose complex) 150 mg	40%

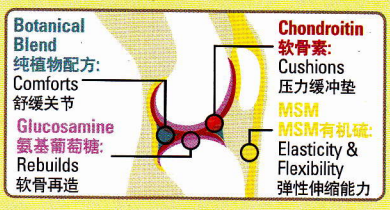
Per Day Women (4 tablets)	
Amount Per Serving	**% Daily Value***
Vitamin D (as cholecalciferol) 400 IU	100%
Calcium (as calcium carbonate, dicalcium phosphate, calcium citrate, calcium amino acid oligfructose complex) 1000 mg	100%
Phosphorus (as dicalcium phosphate) 130 mg	15%
Magnesium (as magnesium oxide, magnesium amino acid oligfructose complex) 200 mg	50%

Per Day 50+ (5 tablets)	
Amount Per Serving	**% Daily Value***
Vitamin D (as cholecalciferol) 500 IU	125%
Calcium (as calcium carbonate, dicalcium phosphate, calcium citrate, calcium amino acid oligfructose complex) 1250 mg	125%
Phosphorus (as dicalcium phosphate) 160 mg	15%
Magnesium (as magnesium oxide, magnesium amino acid oligfructose complex) 250 mg	60%

Other ingredients: Microcrystalline cellulose, croscarmellose sodium, sodium starch glycolate, silicon dioxide, hydroxypropyl methylcellulose, hydroxypropyl cellulose, stearic acid, polyethylene glycol, magnesium stearate, vanillin.

Coming soon to Malaysia. 即将登陆马来西亚地区。

US PATENTED FORMULA



Replenex - *Patented Blend of Glucosamine HCl, Enzymes, Ginger, and Green Tea*

- **Glucosomine HCl** - the most soluble form of Glucosamine, this natural ingredient has been shown to help support healthy cartilage[1]
- **Bromelain** - derived from pineapples, bromelain is an effective joint ingredient shown to increase the body's speed of recovery after physical activity[2]
- **Ginger** - an herb that has beneficial properties that help improve hip and knee health[3]
- **Green Tea** - an effective antioxidant that helps promote healthy joints[3]

Replenex Extra Strength – *Patented Blend of Glucosamine HCl, Enzymes, Ginger, and Green Tea*

Plus:

- **Chondroitin** - structural component of cartilage that provides resistance to compression[5]
- **MSM** - an important building block of connective tissue that helps keep joints strong[6]
- **Manganese & Vitamin C** - essential nutrients that help accelerate the formation of new cartilage[7]
- **Patent-Pending Botanical Blend** - natural ingredients that soothe and comfort joints

劲捷能 – 含氨基葡萄醣、酶、姜、与绿茶的专利配方

- **氨基葡萄醣** – 最具可溶性的氨基葡萄糖，最天然的软骨支持成分
- **凤梨酵素** – 取自天然凤梨，高效的关节养护成分，经证实是人体运动后最天然的复原加速剂
- **姜** – 有利于髋关节与膝关节健康的草本成分
- **绿茶** – 有助于促进关节健康的强抗氧化剂

劲捷能强化配方 – 含氨基葡萄醣、酶、姜、与绿茶的专利配方

附加:

- **软骨素** – 软骨的组成部分，为其抵挡外来压力
- **MSM有机硫** – 具强健关节功效，是结缔组织的重要组成部分
- **锰与维生素C** – 加速软骨新生的基本营养素
- **专利申请中的纯植物配方** – 舒缓关节的天然成分

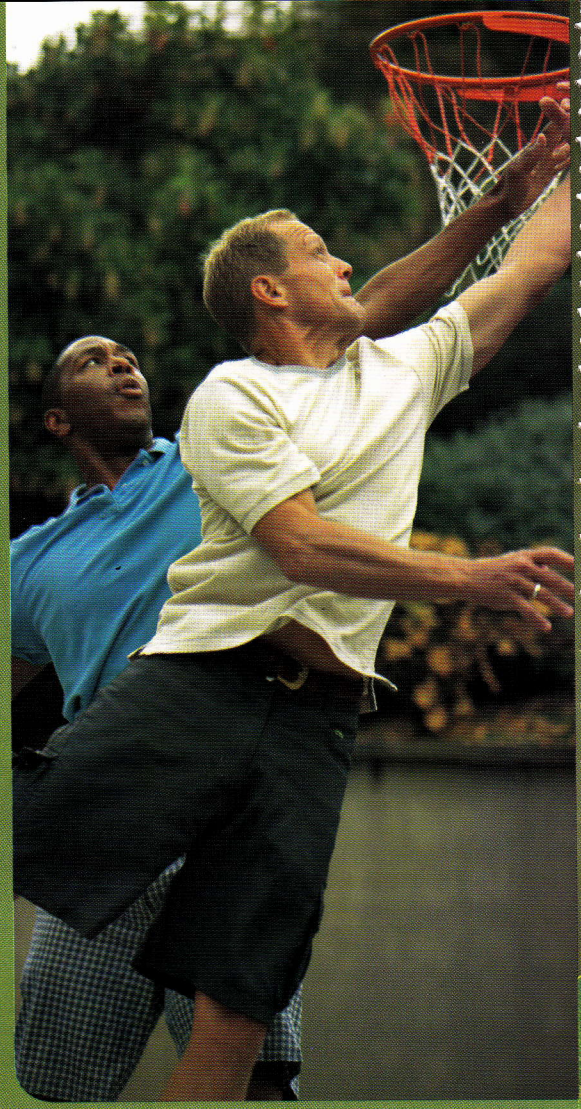
General Guidelines for Product Use
产品服用基本指示

Which Is Right for You? 适当产品	Age 年龄	or 或	Activity Level 运动量	or 或	Current Weight 体重
Replenex 劲捷能	< 50 years < 50岁		Light to Moderate 轻微至中等		Recommended to Slightly Overweight 轻微超标者
Replenex Extra Strength 劲捷能强化配方	50 years + 50岁及以上		Moderate to Strenuous 中等至高强度		Overweight to Obese 超重者至肥胖症者

[1] The Lancet, January 2001, vol. 357, p. 251.
[2] Dynamic Chiropractic, November 5, 2001, vol. 19, issue 23.
[3] Arthritis & Rheumatism, 2001, vol. 44, no. 11, p. 2531–8.
[4] The Journal of Nutrition, March 2002, vol. 132, no. 3, p.341–6.
[5] Arthritis Research & Therapy, 2001, vol. 9, p. R117.
[6] Osteoarthritis & Cartilage, 2006, vol. 14, p. 286–294.
[7] Journal of Orthopaedic Research, 1988, vol. 6, p. 397–407.

The Natural Way To Reclaim Your Mobility

维护关节灵活性的天然方式



If you think you're too young to worry about bone and joint health, think again. Between the wear and tear of daily activity and the natural process of aging, joint health can become important sooner than you might think. So it's never too early to start protecting and replenishing your joints.

Replenex and *Replenex Extra Strength* help keep you feeling great and moving full speed ahead. By providing specially selected, heavily researched joint-health ingredients, the patented formula contained in these supplements helps support and strengthen joints so you enjoy greater mobility and flexibility. So whether you're gearing up for a strenuous mountain climb or just enhancing daily mobility, you'll find a *Replenex* formula to match your lifestye.

如果您认为担心自己骨骼与关节健康还为时尚早的话，请三思而定夺。日积月累的磨损与人体自然老化的必然过程，关节健康可以一夜间重要得超出您的想象。所以千万不要错误地认为您自己过早地开始保养关节。

劲捷能与劲捷能强化配方令您全身轻松自如、冲劲十足。经过大量科研试验，采用特选关节保护成分，蕴含的专利配方有助于强化关节，令其更加灵活、更具柔韧性。因此，无论您是去攀登险峻的山崖，还是单单加强日常筋骨的灵活性，您都会发现劲捷能的配方是如此地贴近您的生活。

Replenex† *90 tablets*
劲捷能90粒
1691 S$40.00 (S$26.90pc 10pts)

Replenex Extra Strength† *90 tablets*
劲捷能强化配方90粒
1693 S$72.00 (S$46.90pc 15pts)

Recommended Dosage
Take 3 *Replenex* tablets daily with or without meals.
适当用量
每日饭前或饭后服用3粒**劲捷能**。

Do You Know?
As we age, our cartilages go through degeneration, at the same time, our range of motion and flexibility also decreases.

您知道吗?
在我们步入老年的过程，关节软骨的组织会开始退化，同时，我们的行动范围及灵活性也衰退。

Replenex

Supplement Facts
Serving Size: 3 Tablets
Servings Per Container: 30

	Amount Per Serving	% Daily Value*
Calcium (as calcium carbonate)	300 mg	30%
Glucosamine HCl	1500 mg	†
Proprietary Blend	170 mg	
Ginger root extract (Zingiber officinale)		†
Green tea leaf extract (Camellia sinesis)		†
Enzymes (Bromelain & Papain)		†

† Daily Value not established
Other ingredients: Microcrystalline cellulose, stearic acid (vegetable), croscarmellose sodium, hydroxy propyl cellulose, cellulose, magnesium stearate (vegetable), silicon dioxide.
Contains Crustacean shellfish (crab and lobster)

Replenex Extra Strength

Supplement Facts
Serving Size: 3 Tablets
Servings Per Container: 30

	Amount Per Serving	% Daily Value*
Vitamin C (as ascorbic acid)	180 mg	300%
Manganese (as manganese amino acid oligofructose complex)	2 mg	100%
Glucosamine HCl	1500 mg	†
Chondroitin Sulfate	250 mg	†
Methylsulfonylmethane	500 mg	†
Botanical Blend	140 mg	
Devil's Claw Root Extract (Harpagophytum procumbens)		†
Ginger Root Extract (Zingiber officinale)		†
Chokeberry Fruit Powder (Aronia melanocarpa)		†
Angelica Gigas Root		†
Turmeric Root Extract (Curcuma longa)		†
Green Tea Leaf Extract (Camellia sinensis)		†
Enzyme Blend (Bromelain & Papain)	50 mg	†

† Daily Value not established
Other ingredients: Microcrystalline cellulose, cellulose, croscarmellose sodium, silicon dioxide, hydroxypropyl cellulose, magnesium stearate (vegetable), stearic acid (vegetable).
Contains Crustacean shellfish (crab and lobster)

† Coming soon to Malaysia. 即将登陆马来西亚地区。

Natural, Internal Body Armor
天然的体内防弹衣

BROAD-SPECTRUM PROTECTION
广泛保护

DNA | *Muscle* 肌肉 | *Skin* 皮肤 | *Digestion* 消化系统 | *Vision* 视力 | *Brain* 大脑 | *Heart* 心脏

NEW FORMULA

While antioxidants are a powerful natural force for neutralizing free radicals, their strength is multiplied when they are present in the right combination. In order to fully protect your body, you require a wide variety of antioxidants. *CellWise* brings the right combination of powerful, proven antioxidants together for a synergistic formula that can make a difference in multiple areas of your health.

Head-to-Toe Protection

As a broad-spectrum antioxidant, *CellWise* offers natural defense on a cellular level for all your major systems and organs, including your heart, muscles, skin, digestive system, vision, brain, and DNA.

- **DNA** - Vitamin C, grape seed extract, olive extract
- **Muscle** - Tocopherols, carotenoids, olive extract
- **Skin** - Olive extract, tocopherols, cartotenoids
- **Digestive System** - Vitamin C, tocopherols
- **Vision** - Mixed carotenoids
- **Brain** - Vitamin C, grape seed extract
- **Heart** - Grape seed extract and lycopene

CellWise®† *60 tablets*
活力思维锭 60片
7780 S$42.00 (S$27.90pc 10pts)

抗氧化素是能够中和自由基的一股强效的天然力量，当这些抗氧化素被科学有序地结合起来的时候，它们的功效便会事半功倍。为了全面保护您的身体，您需要服用多种抗氧化素。活力思维锭将各种经证实的强抗氧化素有效结合，形成一个全面的强化配方，令您全身各处均受保护。

从头到脚的全面保护

活力思维锭作为一种功效广泛的抗氧化素，为您全身主要生理系统和器官的细胞水平提供天然的保护，包括您的心脏、肌肉、皮肤、消化系统、视力、大脑、以及DNA。

- **DNA** — 维生素C、葡萄籽萃取物、橄榄果萃取物
- **肌肉** — 天然维生素E、类胡萝卜素、橄榄果萃取物
- **皮肤** — 橄榄果萃取物、天然维生素E、类胡萝卜素
- **消化系统** — 维生素C、天然维生素E
- **视力** — 混合类胡萝卜素
- **大脑** — 维生素C、葡萄籽萃取物
- **心脏** — 葡萄籽萃取物、番茄红素

Recommended Dosage
Take 1 *CellWise* tablet in the morning and one at night, preferably with food.
适当用量
每日早晚饭后各服用1粒。

Do You Know?
Stress and poor nutrition can lower your immunity which can cause your body to be more susceptible to illnesses and infection.

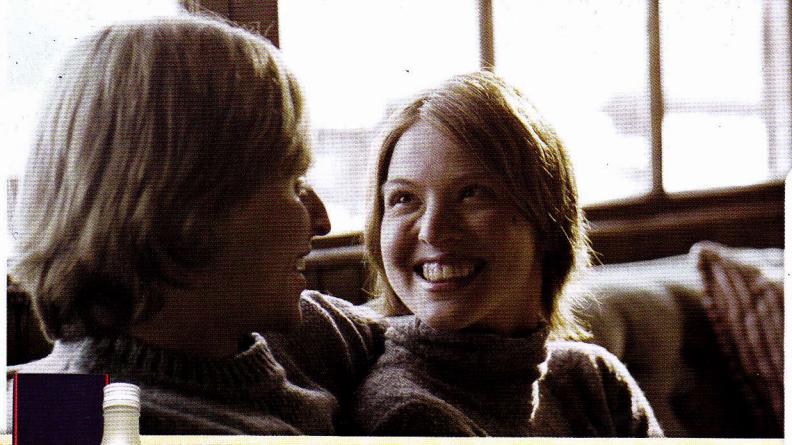
您知道吗?
压力和营养不良会降低免疫系统能力，导致身体更容易感染疾病。

Supplement Facts
Serving Size 2 Tablets
Servings Per Container 30

	Amount Per Serving	% Daily Value*
Vitamin C (as ascorbic acid)	300 mg	500%
Calcium (as calcium carbonate)	75 mg	8%
Lycopene	3 mg	†
Olive Fruit Extract	150 mg	†
Grape Seed Extract	25 mg	†
Mixed Tocopherols	60 IU	†
Mixed Carotenoid Blend	60 IU	†

† Daily Value not established.
Other ingredients: Microcrystalline cellulose, silicon dioxide, croscarmellose sodium, hydroxypropyl methylcellulose, hydroxypropyl cellulose, titanium dioxide, sodium starch glycolate, magnesium stearate (vegetable), polyethylene glycol, spirulina.

* These statements have not been evaluated by the US Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
请遵医嘱，此产品不可代替药品及检查治疗或预防用。



Recommended Dosage
Take 1 capful of *DNA Plus* daily.
适当用量
每日饮用1瓶盖份量的**活力核酸饮品**。

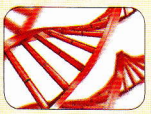
Do You Know?
Oxidative stress creates more volatile free radicals, which go on to damage cell and vessel walls, proteins, fats, even the DNA nucleus of our cells.

您知道吗?
氧化侵害可导致更多活跃且不稳定的自由基生成，最终会损害细胞壁、血管壁、蛋白质、脂肪、甚至细胞内的脱氧核糖核酸（DNA）。

Supporting Basic Fundamentals Of Healthy Cellular Components
身体健康之本–保障细胞健康

Oxidative damage caused by poor diet, toxins, environment factors and radiation
饮食不规律、毒素、环境因素、及辐射都会造成氧化侵害

→ **Good repair** 高质修复



→ **Good health** 健康状态

→ **Bad repair** 低质修复

→ **Possible exposure to illnesses, such as cancer and autoimmune diseases** 可能患有疾病，例如癌症、各种免疫性疾病

A Natural Way To Support Cellular Health

As human cells are under the constant threat of aging and free radicals attack, it is important to ensure the adequate supply of nucleic acids in our body. Nucleic acids are involved in the preservation, replication and expression of hereditary information in every living cells; they are essential building blocks of life. The most common nucleic acids are DNA and RNA. An adequate supply of DNA and RNA may be the most significant factor to determine the capacity of tissue regeneration and self-repair. This is why Melaleuca brings to you *DNA Plus* – fortified with vitamins A, B2, B3, B6, B12, C, hesperidin and GABA (gamma-aminobutyric acid).

A capful of *DNA Plus* daily provides a rich source of nucleic acids derived from salmon milt extract (DNA) and yeast extract (RNA) and antioxidant-rich base of prune juice which helps support the basic fundamentals of healthy cellular components, the immune system and mental acuity.

Four key nutrients that help support healthy cellular regeneration:

- **Prune Juice:** High in antioxidant properties, which are known to protect cells from free-radical damage.
- **Salmon Milt Extract (DNA) & Yeast Extract (RNA):** Helps in tissue repair and cellular regeneration.
- **GABA (gamma-aminobutyric acid):** As an inhibitory neurotransmitter, GABA helps in supporting healthy neurological functions.
- **Hesperidine:** Being a citrus bioflavonoid, hesperidine is beneficial in improving capillary health and connective tissues.

维持细胞健康的天然方式

人体的细胞因为老化及自由基的侵害而受到威胁，所以体内拥有足够的核酸是非常重要的。核酸在每个生存的细胞内起着储存、复制和传递遗传信息的作用，它是身体的主要物质基础。最常见的核酸是脱氧核糖核酸（DNA）和核糖核酸（RNA）。细胞的再生和自我修复的能力取决于拥有足够数量的脱氧核糖核酸（DNA）和核糖核酸（RNA）。美乐家因此为您提供活力核酸饮品一富含维生素A、B2、B3、B6、B12、C、橙皮苷、和胺基丁酸（gamma-aminobutyric acid）。

每日饮用一瓶盖份量的活力核酸饮品可获得体内所需的核酸。含丰富的鲑鱼鱼精精华(DNA)、酵母精华(RNA)及高效抗氧化剂的西梅汁，可有效的维持人体细胞日常修护、提高免疫力、及保持精神充沛，头脑灵活。

4主要营养成份：

- **西梅汁**：富含高效抗氧化剂，有效抵御自由基的侵害
- **鲑鱼鱼精精华(DNA)及酵母精华(RNA)**：协助重建和修护细胞系统
- **胺基丁酸**：抑制神经传递素，有效支持健康神经传递素的运作
- **橙皮苷**：有效提高毛细管及结缔组织健康

DNA Plus† *500mL*
活力核酸饮品
4672 S$110.00 (S$72.90pc 16pts)

DNA Plus Twin Pack†
活力核酸饮品双瓶装
4673 S$210.00 (S$139.90pc 30pts)

Ingredients: Prune Juice, Fructose, Salmon Milt Extract (including DNA), Yeast Extract (including RNA), Vitamin A, Vitamin B2, Vitamin B3, Vitamin B6, Vitamin B12, Vitamin C, Hesperidin, Calcium Pantothenate, GABA (gamma-aminobutyric acid), Citric Acid, Pectin

References:
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"The role of GABA in the pathophysiology and treatment of anxiety disorders". Psychopharmacol Bull 37 (4): 133-46. 2003
Yamamoto Metal. "Short-term effects of glucosyl hesperidin and hesperetin on blood pressure and vascular endothelial function in spontaneously hypertensive rats". J Nutr Sci Vitaminol (Tokyo). 2008 Feb; 54(1):95-8

† Coming soon to Malaysia. 即将登陆马来西亚地区。

Keep Feeling Young At Heart
年轻活力伴随您

Supplement Facts
Serving Size 1 Capsule
Servings Per Container 120

	Amount Per Serving	% Daily Value*
Proprietary Blend	373 mg	
Grape Skin Extract		*
Grape Seed Extract		*
Proteases (bromelain, fungal)		*
Ginkgo Biloba Extract (leaves)		*
Bilberry Extract (berry)		*
Quercetin Powder		*

* Daily Value not established.
Other ingredients: Gelatin (capsule), rice flour.

Recommended Dosage
For best results, 1 *ProvexCV* capsule should be taken for every 16kg of body weight.
适当用量
根据个人体重，每16公斤需服用1粒**宝维适CV**。

Do You Know?
High levels of LDL cholesterol may lead to atherosclerosis – a process with cholesterol plaque causes thickening of the artery walls and narrowing of the arteries.

您知道吗?
过高的有害胆固醇可能导致动脉硬化一胆固醇斑块的累计使到动脉壁加厚，动脉也就变窄。

Antioxdant Protection To Keep You Young

With patented *ProvexCV*, we've taken the humble grape and turned it into a supercharged heart protector! Our patented flavonoid supplement unleashes the power of grape antioxidants to help reduce LDL oxidation and maintain healthy blood platelet activity.

Using the most potent grapes, *ProvexCV* is a patented formula of grape seed, grape skin, quercetin, bilberry and ginkgo biloba. It also includes an exclusive enzyme blend to help your body better absorb *ProvexCV*'s antioxidants.

抗氧化保护让您活力十足

在制造专利宝维适CV，我们采用葡萄精华，为您的心血管提供最佳的健康守卫！我们以独家专利配方充分利于葡萄精华，让抗氧化剂的成效发挥最大，有效降低坏胆固醇氧化，促进血小板的正常活动。

采用天然最佳葡萄，宝维适CV专利配方蕴含葡萄籽、葡萄皮、槲皮黄素、山桑子、及银杏。它也包含独特酶素可帮助身体更加吸收抗氧化剂。

ProvexCV®† *120 capsules*
宝维适CV 120胶囊
3000 S$77.00 (S$51.90pc 18pts)

Supplement Facts
Serving Size 1 Capsule
Servings Per Container 60

	Amount Per Serving	% Daily Value*
Citrus Bioflavonoids	50 mg	†
Dried Grape Skin Extract	30 mg	†
Dried Grape Seed Extract	25 mg	†
Dried Ginkgo Biloba Extract (leaves)	10 mg	†
Dried Bilberry Extract (berries)	10 mg	†

† Daily Value not established.
Other Ingredients: Gelatin (capsule), magnesium stearate. This product was produced on equipment that also processes wheat, dairy, egg, peanuts, tree nuts, soy, fish, and shellfish.

Recommended Dosage
Take 1 *ProVex-Plus* capsule 2 times daily.
适当用量
每日2次，每次服用1粒**宝维适-Plus**。

Do You Know?
Proanthocyanidins are a class of nutrients belonging to the flavonoid family. They can be found in many plants, notably pine bark, grape seed and grape skin. They are known to provide nutritional support to reduce capillary permeability and fragility.

您知道吗?
原花色素是生物类黄酮的一种，可在许多植物中找到，尤其是松树皮、葡萄籽、及葡萄皮。它能有效帮助降低毛细管的通透性及易碎性。

Super Antioxdant Protection For Healthy Organs And Tissues

Blood vessels are vitally important because they carry oxygen and nutrients to every cell in your body. That's why you need *ProVex-Plus*.

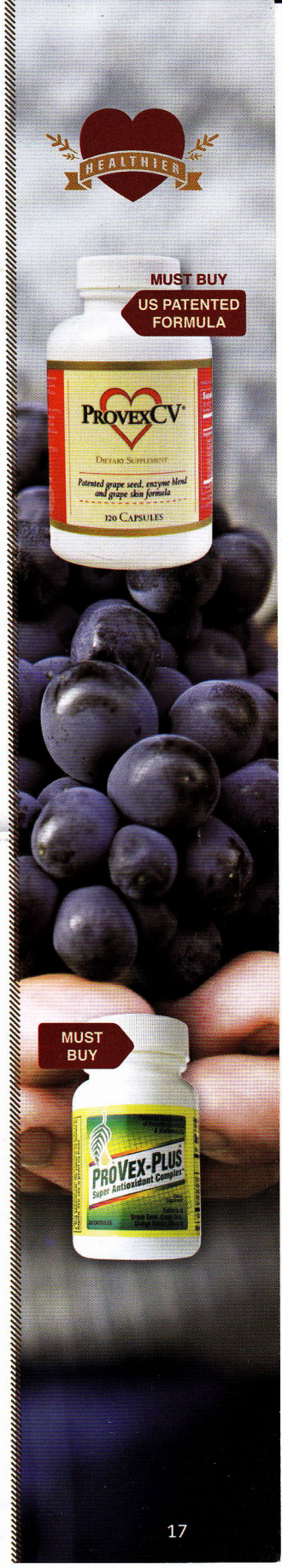
Proanthocyanidins, the active ingredient in *Provex-Plus*, are from grape seed. These unique compounds help strengthen blood vessels. They also act as antioxidants to fight free radicals and contribute to your overall health. *ProVex-Plus* also contains ginkgo biloba that helps maintain proper blood circulation, and bilberry that helps enhance night vision.

抗氧化保护，让循环更通畅，身体更健康

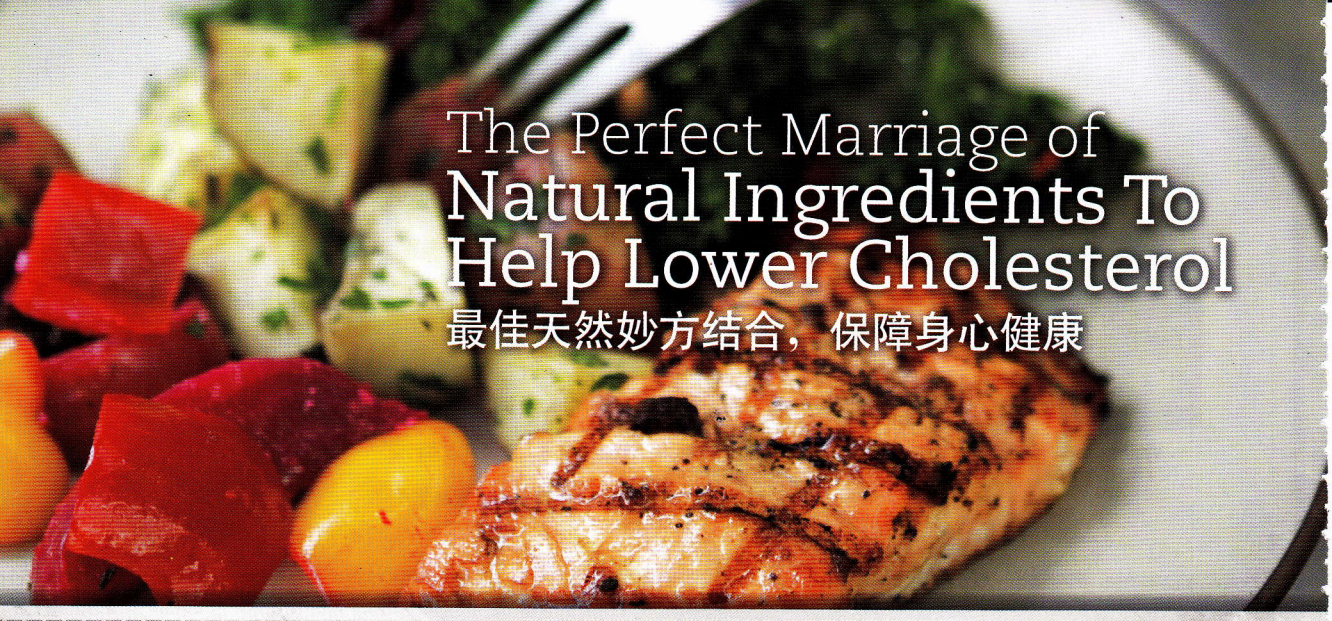
心血管的健康对我们的身体健康有重要影响，它负责把氧气和养份输送到人体的每个细胞。这就是为什么您需要宝维适一Plus。

宝维适一Plus主要成份是从优质葡萄籽精华提取的原花色素。具有高效抗氧化份子，同时还可以做基础的自由基防护，可帮助维护心血管健康。宝维适一Plus还添加了银杏和山桑子萃取物，对维护健康的血液循环和增强夜视能力，起着重要作用。

ProVex-Plus®† *60 capsules*
宝维适－PLUS 60胶囊
1411 S$42.00 (S$27.90pc 13pts)

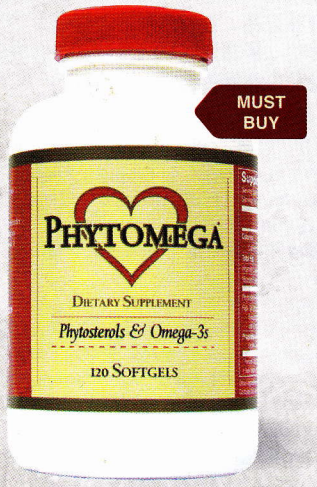


* These statements have not been evaluated by the US Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. 请遵医嘱，此产品不可代替药品及检查治疗或预防用。



The Perfect Marriage of Natural Ingredients To Help Lower Cholesterol

最佳天然妙方结合，保障身心健康



Phytosterols And Omega-3s Were Meant For Each Other

The perfect marriage of 1.5grams of plant-based phytosterols and 1,000mg of omega-3 fatty acids, *Phytomega* helps lower your cholesterol‡ and maintain healthy triglyceride levels†.

Studies show that phytosterols help naturally reduce cholesterol because they safely inhibit cholesterol absorption in the intestine. *Phytomega*'s marine-based omega-3 fatty acids have 180mg of EPA (eicosapentaenoic acid) and 120mg of DHA (docosahexaenoic acid). Research shows these omega-3 fatty acids help maintain healthy triglycerides levels, which are essential for optimal heart health (triglycerides are a type of blood fat). *Phytomega*'s omega-3 fatty acids also enhance the solubility of its phytosterols – so you get a powerful punch of protection daily!

植物固醇和OMEGA-3脂肪酸的携手合力

蕴含1.5克的植物固醇和1,000毫克的omega-3脂肪酸，植纯鱼油有助于降低胆固醇‡及帮助维护健康的三酸甘油脂†。

根据研究显示植物固醇能安全地帮助阻止胆固醇在小肠被吸收，便有效降低胆固醇。植纯鱼油蕴含omega-3脂肪酸海洋成份 – 180毫克的二十碳五烯酸(EPA)和120毫克的二十二碳六烯酸(DHA)。研究也显示omega-3脂肪酸可帮助维持健康的三酸甘油脂，提供最佳心血管健康（omega-3脂肪酸是一种血脂）。植纯鱼油的omega-3脂肪酸也有助于促进植物固醇的溶解度 – 确保您吸取每天所需保护！

Phytomega®† *120 softgels* ★
植纯鱼油 120软胶囊
4625 S$62.00 (S$41.90pc 14pts)

Recommended Dosage
Take 2 *Phytomega* softgels twice daily with food.
适当用量
每日2次，每次饭后服用2粒**植纯鱼油**。

Do You Know?
The Omega-3 found in *Phytomega* is an essential fatty-acid which is not manufactured by your body and can only be obtained from food such as tuna, salmon, mackerel, sardine and flax seeds.

您知道吗?
植纯鱼油富含的Omega-3脂肪酸，是人体所不能制造的，只能从食物中例如鲔鱼、鲑鱼、鲐鱼、沙丁鱼、亚麻种子萃取。

Supplement Facts
Serving Size 2 Softgels
Servings Per Container 60

	Amount Per Serving	% Daily Value*
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%*
Vitamin C (as ascorbic acid)	10 mg	17%
Vitamin E (as d-alpha tocopherol)	6 IU	20%
Phytosterol Esters	750 mg	†
Fish Oil Concentrate Providing 90 mg EPA (Eicosapentaenoic Acid) and 60 mg DHA (Docosahexaenoic Acid)	500 mg	†
Proprietary Blend Lecithin, Bromelain, Sorbitan Oleate, Triethyl Citrate	95 mg	†

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.
Other ingredients: gelatin, glycerin, water, lemon oil, carmine. Contains fish oil concentrate from anchovy, mackerel, and sardine.

‡ Foods and supplements containing at least 400mg per serving of plant sterol esters, eaten twice a day with meals for a daily total intake of at least 800mg, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. A daily dose of *Phytomega* (4 softgels) supplies at least 1,500mg of plant sterol esters.
† Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease. A daily dose of *Phytomega* (4 softgels) supplies 1,000mg of EPA and DHA.
‡ 每天食用2次含至少400毫克植物固醇的食物和补充品有可能帮助降低心脏病的发病率。每日服用植纯鱼油（4粒）蕴含至少1,500毫克的植物固醇。
† 未证实研究显示服用二十碳五烯酸（EPA）和120毫克的二十二碳六烯酸（DHA）omega-3脂肪酸有可能降低心血管疾病的发病率。每日服用植纯鱼油（4粒）蕴含1,000毫克的EPA和DHA。

† Coming soon to Malaysia. 即将登陆马来西亚地区。

Energy And Strength For Full Vitality

Only the *Vitality Pack®* combines *Vitality Multivitamin & Mineral™* and *Vitality Calcium Complex™* – both made with *Oligofructose Complex™* – to give you four sources of calcium for maximum support of healthy teeth and bones.

Vitality Pack
活力套装
410

所需精力与能量给予全面活力

只有美乐家活力套装结合了活力综合维他锭及活力宝钙锭 – 运用氨基酸果寡糖复合技术 – 蕴含4种钙质，提供健康牙齿及骨骼的支持。

Vitality Pack® for Women, Men or 50+†
Vitality Multivitamin & Mineral™ for Women, Men or 50+ and Vitality Calcium Complete™
活力套装（女士配方、男士配方或银发配方）
活力综合维他锭（女士配方、男士配方或银发配方）以及活力宝钙锭
S$68.00 (S$44.90pc 16pts)
410 Women 女士配方 **411** Men 男士配方 **412** 50+ 银发配方

Superior Nutrition With Heart

Heart health is a high priority for millions of men and women around the globe. *Vitality 6* adds the nutrients you need to help maintain heart health. *Vitality 6* includes the two *Vitality Pack* supplements plus *CellWise, Florify, Phytomega* and *ProvexCV* – helps support healthy immune system and support cardiovascular health.

优质心脏健康的保障

心血管健康获得全球万众重大的关注。生命活力6套装包括帮助维持心血管的营养补充品。套装包括活力套装里的2个补充品，附加活力思维锭、畅益生、植纯鱼油、及宝维适CV – 可有效支持免疫系统及心血管的健康。

1. Vitality Multivitamin & Mineral - *Essential nutrients to enhance well-being, organically bound with patent-pending Oligofructose Complex™ for maximum mineral solubility and antioxidant protection.*
活力综合维他锭 – 提供人体所需营养素，运用氨基酸果寡糖复合技术，帮助促进矿物质的溶解度，并确保抗氧化剂的能力。

2. Vitality Calcium Complete - *4-source calcium blend plus magnesium, phosphorus and Vitamin D to help strength bones, organically bound with Oligofructose Complex™ to maximize mineral solubility.*
活力宝钙锭 – 蕴含4种钙质混合物，附加锰、磷、及维生素D帮助骨骼更强壮，运用氨基酸果寡糖复合技术，帮助促进矿物质的溶解度。

3. CellWise® - *Broad spectrum of antioxidants to provide protection from free radical damage, bolster the immune system, and fight cellular aging.*
活力思维锭 – 结合绝佳抗氧化剂营养素，可有效对抗自由基的侵害，促进免疫系统，帮助针对身体老化。

4. Florify® - *Two strains of probiotics to help improve the absorption of nutrients and maintain good digestive health.*
畅益生 – 富含双重益生菌，帮助营养吸收能力，维持消化系统健康。

5. Phytomega® - *Proprietary blend of health-healthy phytosterols and omega-3 fatty acids to help reduce cholesterol levels and maintain healthy triglyceride levels.*
植纯鱼油 – 独家配方蕴含植物固醇及omega-3多不饱和脂肪酸，帮助降低胆固醇，维持三酸甘油脂。

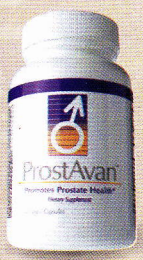
6. ProvexCV® - *Patented blend of grape skin, grape seed and other antioxidants to help prevent LDL oxidation and maintain healthy blood platelet activity.*
宝维适CV – 专利配方富含葡萄皮、葡萄籽、及其它抗氧化剂，帮助降低坏胆固醇氧化，促进血小板的正常活动。

Vitality 6™ for Women, Men or 50+†
Vitality Multivitamin & Mineral™ for Women, Men or 50+,
Vitality Calcium Complete™, Florify®, CellWise®, Phytomega® and ProvexCV®
生命活力6套装（女士配方、男士配方或银发配方）
活力综合维他锭（女士配方、男士配方或银发配方）、活力宝钙锭、畅益生、活力思维锭、植纯鱼油以及宝维适CV
S$214.00 (S$142.90pc 44pts)
430 Women 女士配方 **431** Men 男士配方 **432** 50+ 银发配方

* These statements have not been evaluated by the US Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
请遵医嘱，此产品不可代替药品及检查治疗或预防用。

Enjoy Simple Things in Life

享受人生简单乐趣



Nature's Answer To A Natural Relief

While no man should ignore this important little gland, prostate health should be especially important for men over age 40. *ProstAvan* helps promote prostate and urinary tract health naturally, with an exclusive combination of lycopene, saw palmetto berry, pumpkin seed and zinc. *ProstAvan* helps men of all ages take a natural, targeted approach to prostate health.

Look no further – take *ProstAvan* to help you manage your prostate health better.

自然而然的维护健康

男士们千万不可忽视前列腺健康，它对40岁以上的男人特别重要。绅体力行有效维护前列腺健康和正常泌尿系统健康，独特结合了番茄红素、锯棕榈、南瓜籽、和锌。绅体力行给予必要的营养素，维护不同年龄的男性机能健康。

不必再烦恼了一服用绅体力行能帮助维护前列腺健康。

ProstAvan®† *30 softgels*
绅体力行 30软胶囊
2056 S$42.00 (S$27.90pc 10pts)

Supplement Facts
Serving Size: 1 Softgel

	Amount Per Serving	% Daily Value*
Zinc (zinc gluconate)	15 mg	100%
Saw Palmetto Berry Extract (85%–95% fatty acids & sterols)	320 mg	†
Pumpkin Seed Extract (85%–95% fatty acids & sterols)	80 mg	†
Lycopene Extract (6% lycopene content)	50 mg	†

† Daily Value not established.
Other Ingredients: Gelatin, Vegetable Oil, Glycerin, Yellow Beeswax, Water, Lecithin, Titanium Dioxide, Tomato Extender Orange.

Recommended Dosage
Take 1 *ProstAvan* softgel daily.
适当用量
每日服用1粒**绅体力行**。

Do You Know?
About 50% of men aged 60 years and above suffers from benign prostatic hyperplasia.

您知道吗?
大约50%年龄60岁以上的男士患有良性前列腺增殖。

IMPROVED FORMULA

For A Sunnier Outlook

Feeling overwhelmed, worn out, and just unable to handle everything that comes your way? Chemical messengers called neurotransmitters in the brain affect your mood and your ability to cope. Sometimes your body could use a little extra help from nature to handle the pressure.

Luminex is a patented formula of St. John's wort, griffonia seed, folic acid and vitamin B12 that help maintain the normal levels of neurotransmitters and help sustain a positive outlook. Combined with a balanced diet and regular exercise, *Luminex* can provide your body with the tools it needs to maintain your ability to handle the stresses of life.

轻松好心情

感觉被压抑，疲惫不堪，无法承受所面对的各种压力？这种化学信号我们称它为一神经递质，它容易影响情绪和应付能力。这时候，大自然可帮得上忙，帮助舒缓您的压力。

纾绪宝的独家专利配方含有贯叶连翘、加纳籽、叶酸和维生素B12等天然成份，有助舒缓紧张情绪。每天保持均衡饮食并配合适量的运动，纾绪宝可以助您舒解生活的压力，时刻保持轻松愉快地心情。

Luminex®† *90 capsules*
纾绪宝 90胶囊
2380 S$40.00 (S$26.90pc 10pts)

Supplement Facts
Serving Size: 1 Capsule

	Amount Per Serving	% Daily Value*
Folate (Folic acid)	133 mcg	33%
Vitamin B12 (Cyanocobalamin)	2 mcg	33%
Dried St. John's Wort Extract (.3 Hypericin) (flower)	300 mg	†
Dried Griffonia Seed Extract (>99% L-5-HTP) (seed)	15 mg	†

† Daily Value not established.
Other ingredients: Gelatin, Microcrystalline Cellulose, Magnesium Stearate, and Silicon Dioxide.

Recommended Dosage
Take 1 *Luminex* capsule three times daily. Allow approximately 2- 4 weeks for best results.
适当用量
每日3次，每次服用1粒**纾绪宝**。服用约2至4星期效果为佳。

Do You Know?
Diminished mental acuity, uncontrolled aggressiveness, feeling edgy, and constant fatigue are signs of impaired emotional health.

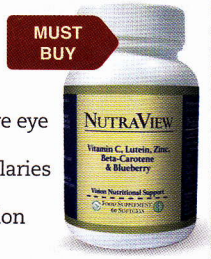
您知道吗?
神经敏锐衰退、难以控制愤怒、急躁心情、持续疲劳，都是情绪健康下降的症状。

† Coming soon to Malaysia. 即将登陆马来西亚地区。

Never Miss A Thing
别错过眼前的一切

Clearly Superior Vision Support

Excessive exposure to the computer, exposure to UV rays, air pollution and aging are some of the contributing factors that may affect your vision. Your quality of life is greatly affected by the quality of your vision. Now you can give your eyes an antioxidant boost with *NutraView* in vegetarian formula!



NutraView's unique ingredient blend includes:

- **Lutein** – Helps protect the eyes from light-induced oxidative damage
- **Blueberry** – Helps improve night vision and relieve eye strain
- **Bilberry** – Helps support and strengthen the capillaries of the eyes
- **Vitamin C and Zinc** – Provides maximum protection from free-radicals damage

Nothing is more precious than your sight, and nothing else offers everything *NutraView* does.

明确优势的视力支持

长期接触电脑、紫外线的暴露、空气的污染、及老化过程，这些种种因素会影响您的视力。您的生活素质与视力有着密切的相关。此刻开始，选择富含抗氧化功能、素食配方的观适健。

观适健独特配方包括：

- **叶黄素** – 有助于避免双眼遭受光线氧化损害
- **蓝莓** – 帮助增强夜视力及抗疲劳
- **山桑子** – 帮助支持及增强毛细管正常操作
- **维生素C及锌** – 有效抵抗自由基的侵害

您的视力是宝贵的，只有观适健可以给予双眼全面的保护。

NutraView®† *60 softgels*
观适健 60软胶囊
2855 S$46.00 (S$29.90pc 10pts)

Recommended Dosage
Take 2 *NutraView* softgels daily.
适当用量
每日服用2粒**观适健**。

Do You Know?
Eyes are composed of more than 2 million working parts and can process 36,000 bits of information every hour.

您知道吗?
人类的眼睛包括了2百万个运作配件，并在每小时内可处理3万6千条的信息。

Supplement Facts
2 softgels contain: *% RDA

Amount Per Serving	% Daily Value*
Beta-Carotene 1.5 mg equivalent to: Vitamin A 250μg RE	31%
Vitamin C 150mg	250%
Zinc 2.5mg	17%
Blueberry 100mg	
Blueberry Extract 20mg	
Lutein 10mg	

* RDA Recommended Daily Allowance

Other ingredients: Soft Gel capsule (hydroxypropyl starch, carrageenen, glycerin, colour: caramel E150a), Rice Bran Oil, Vitamin C (as ascorbic acid), Blueberry concentrate, Lutein preparation (olive oil, lutein), emulsifier: Beeswax, Bilberry Extract, Zinc gluconate, emulsifier: Soya Lecithin, Beta-carotene

This product contains Soya

Fortify Your Digestive Health

As a result of our modern diet, nearly everyone suffers from occasional indigestion, constipation, and related abdominal discomfort due to an imbalance of "good" and "bad" flora in the gastrointestinal (GI) tract.

With *Florify*, each capsule which contains 5 billion colonies of flora per daily dose helps balance your intestinal tract with 'good' flora. Another unique feature lies in its two acid-resistant probiotic strains – Lactobacillus acidophilus (which targets your small intestines) and Bifidobacterium lactis (which works in your colon). The probiotics in *Florify* are further enhanced with a proprietary blend of fructo-oligosaccharides (FOS), calcium phosphate and green tea extract to maximize the growth of these probiotics and helps in maintaining healthy digestive system.

巩固消化道的健康机能

由于现代的饮食习惯，几乎每个人都遭受消化不良、便秘、和肠胃疾病的困扰，这些都是"好"和"坏"菌种失去平衡而导致的。

每粒畅益生有50亿个单位的益生菌，只需每天一粒，"好"菌种能帮助您促进肠道菌种平衡。另一个独特优点是它的2种益生菌一嗜酸乳杆菌(有助于小肠)和乳双歧杆菌(有助于直肠)。畅益生还结合了低聚果糖、钙磷酸盐、和绿茶萃取物，帮助益生菌的生长，维护消化系统健康。

Florify®† *30 capsules*
畅益生 30胶囊
7774 S$31.00 (S$20.90pc 8pts)

Recommended Dosage
Take 1 *Florify* capsule daily with preferably food.

适当用量
每日饭后服用1粒**畅益生**。

Do You Know?
A diet high in refined carbohydrates coupled with stress can lead to a reduction of "friendly" bacteria in the intestines.

您知道吗?
含高量精制碳水化合物的饮食习惯以及生活上所遇到的压力，都会减低肠内的"好"菌种。

Supplement Facts
Serving Size 1 Capsule
Servings Per Container 30

	Amount Per Serving	% Daily Value*
Proprietary Blend	5 billion cfu	†
Lactobacillus Acidophilus		†
Bifidobacterium Lactis		†
Fructooligosaccharides	10 mg	†

† Daily Value not established.

Other ingredients: Microcrystalline cellulose, dicalcium phosphate, silicon dioxide, magnesium stearate (vegetable).

These statements have not been evaluated by the US Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
请遵医嘱，此产品不可代替药品及检查治疗或预防用。

Natural Relief From Everyday Stress
对抗压力的天然援助

The Natural Path To A Peaceful Night's Sleep

If you're one of the millions tossing and turning the night away, forget about one-time-use sleeping drug that knocks you out and leave you feeling groggy the next morning. Reach for *RestEZ*.

RestEZ is a proprietary blend of natural, relaxing extracts that helps melt stresses away while promoting deeper rest.

- **Valerian** – works as a soothing agent and a sleep-promoting aid
- **Passion flower** – helps relieve edginess and nervous tension
- **Hops** – known to have calming effect, helps promote sleep

Let *RestEZ* help you get the sleep you need at night so that you can give your best to tackle the daily life challenges you might face during the day. *RestEZ* tonight – for a better day tomorrow.

自然入睡，宁静入梦

如果您是众多之中其中一个会失眠的人，别在服用那些让您睡后第二天仍然昏昏欲睡的药品！请服用安睡宝！

安睡宝结合多种天然萃取物，帮助您放松身心、自然入睡、给予您充足的睡眠。

- **缬草根** – 主要作用舒缓精神，有助于促进睡眠
- **西番莲** – 帮助舒缓急躁情绪、安抚紧张不安
- **蛇麻草** – 具有镇定作用，帮助入睡

让安睡宝帮助您自然入睡，提高睡眠质量，获得充足睡眠，活力充沛地面对日常生活中的每一个挑战。安睡宝一带给您美好的明天。

RestEZ™† *60 capsules*
安睡宝 60胶囊
3055 S$31.00 (S$20.90pc 8pts)

Supplement Facts
Serving Size: 2 Capsules
Servings Per Container: 30

	Amount Per Serving	% Daily Value*
Proprietary blend	884 mg	
Valerian Extract (roots) (Valeriana officinalis)		†
Hops (flower) (Humulus lupulus)		†
Spearmint (powder) (Mentha spicata)		†
Passionflower Extract (aerial parts) (Passiflora incarnata)		†

† Daily Value not established.
Other ingredients: Gelatin, cellulose, magnesium stearate (vegetable), silicon dioxide.

Recommended Dosage
Take 2 *RestEZ* capsules before resting.
适当用量
每日睡前服用2粒**安睡宝**。

Do You Know?
Inadequate sleep impairs our ability to think, to handle stress, to maintain healthy immune system and to moderate our emotions.

您知道吗?
不充足的睡眠会减弱思索能力、压力处理能力、免疫能力、以及调节情绪能力。

Optimal Support For Your Immunity

Activate Immune Complex is an all-natural blend of the ingredients you need most to help boost your immunity. This powerful supplement includes:

- **Echinacea purpurea** – has been clinically shown to enhance the health of white blood cells
- **Astragalus** – one of the most important ancient Chinese herbs, which helps to strengthen the immune system and promote white blood cell function
- **Arabinogalactan** – a natural compound found in Larch trees that have been found to enhance the immune system by supporting white blood cell function
- **Vitamins C, E and folic acid** – have been found to positively boost immunity by enhancing white blood cell health
- **Selenium and zinc** – two minerals crucial to white blood cell development

最佳的免疫力保障

爱维健结合了以下纯天然配方，有助于增强人体免疫系统能力。

- **紫锥菊** – 根据临床验证能帮助提高白细胞的健康
- **黄芪** – 中国古老重要中医草药之一，有效加强免疫系统能力和提高白细胞功能
- **阿拉伯半乳聚糖** – 取于落叶松树自然萃取物，有效提高免疫系统能力及加强白细胞功能
- **维生素**C、E、**和叶酸** – 有效加强免疫系统及维护白细胞的健康
- **硒和锌** – 关键针对维护白细胞的增长

Activate Immune Complex®†
60 capsules
爱维健 60胶囊
2562 S$27.00 (S$17.90pc 6pts)

Supplement Facts
Serving Size: 3 Capsules
Servings Per Container: 20

	Amount Per Serving	% Daily Value*
Vitamin C	100 mg	167%
Vitamin E	15 IU	50%
Folic Acid	200 mcg	50%
Zinc (zinc gluconate)	10 mg	66%
Selenium	17 mcg	24&
Echinacea purpurea (whole plant)	900 mg	†
Arabinogalactan	150 mg	†
Astragalus membranaceus (root)	50 mg	†

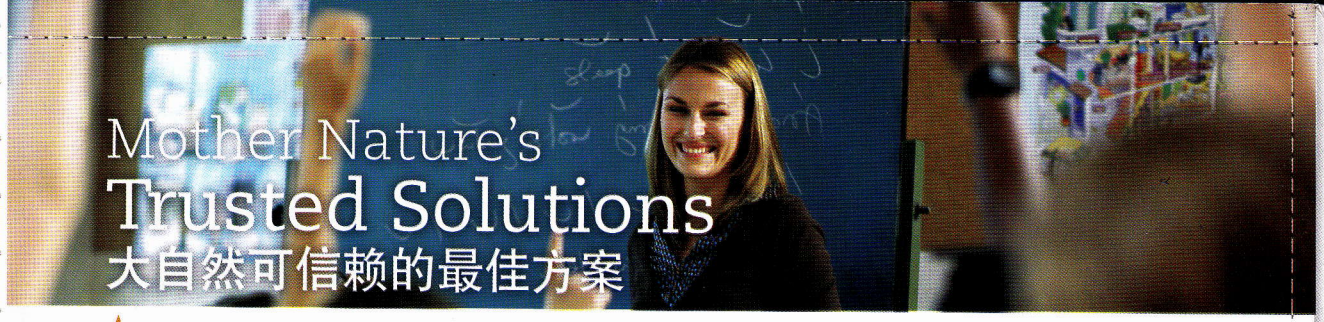
† Daily Value not established.
Other ingredients: Gelatin, rice flour.

Recommended Dosage
Take 3 *Activate* capsules daily. Best if used for no more than 3 consecutive weeks at a time.
适当用量
每日服用3粒**爱维健**。不要连续服用3个星期以上，效果为佳。

Do You Know?
The immune system is our body's defense system. It is composed of many interdependent cell types that protect the body from bacterial, parasitic, fungal, viral infections and from the growth of tumor cells.

您知道吗?
人体的免疫系统也称为保卫系统，是由许多相互依存的细胞类别而组成的。免疫系统可保护人体受到细菌、寄生菌、霉菌、及病菌的感染，也防止肿瘤细胞的生长。

† Coming soon to Malaysia. 即将登陆马来西亚地区。



Mother Nature's Trusted Solutions
大自然可信赖的最佳方案

The Natural Path To Promoting Urinary Tract Health

Cranberries are a tart treat courtesy of nature. Luckily, they're also an effective ally in maintaining a healthy urinary tract. Scientific studies have shown that the phytonutrients in cranberries can help form a protective barrier between your bladder lining and bacteria. This action can help flush bacteria from your system.

Unlike cranberry juice that is watered down and packed with sugar, two tasty *CranBarrier* chewables give you 1,000 mg of cranberry extract and only 10 calories. Plus, *CranBarrier* has a proprietary blend of blueberry and uva ursi (bearberry) – for a supplement unlike anything else on the market. Protect your urinary tract health the gentle way nature intended – with *CranBarrier*.

维护泌尿系统健康的自然法宝

曼越莓是大自然的妙方。幸好，曼越莓可以有效地维护泌尿道的健康。科学研究证明曼越莓所含的植物营养素可以令细菌不易黏附在尿道壁上，建立一道防护墙，有效的把细菌排出体外。

舒妙锭不像其它的曼越莓果汁，通常都是用水和糖份混合一起。每2粒舒妙锭相等于1,000毫克的纯天然曼越莓浓缩物，而卡路里仅有10卡。另外，舒妙锭专利配方结合了蓝莓和熊果莓萃取物 – 绝不等同于市场上的其它品牌。以自然的方式带给您泌尿系统健康 – 舒妙锭。

CranBarrier®† *60 chewables*
舒妙锭 60咀嚼片
6025 S$40.00 (S$26.90pc 10pts)

Supplement Facts
Serving Size: 2 Tablets
Servings Per Container: 30

	Amount Per Serving	% Daily Value*
Calories	10	
Sodium	5 mg	<1%
Total Carbohydrates	4 g	<1%
Sugars	2 g	
Cranberry Concentrate (Vaccinium macrocarpon)	1000 mg	†
Proprietary Blend	1740 mg	†
Fructose, Blueberry (Vaccinium corymbosum and/or Vaccinium angustifolium), Bearberry (Arctostaphylos uva-ursi), Citric Acid, Glycyrrhiza Extract		

* Daily Value based on a 2,000 calorie diet.
† Daily Value not established.
Other ingredients: Xylitol, Molasses, Creamer, Honey, Natural Flavors, Silicon Dioxide, Magnesium Stearate (vegetable-derived), Stearic Acid (vegetable-derived).

Recommended Dosage
Take 2 *CranBarrier* chewables daily. Chewable can be taken either with meals or on an empty stomach.
适当用量
每日服用2粒**舒妙锭**。可饭前或饭后服用。

Do You Know?
About 75% - 90% of urinary tract infection is caused by Escherichia (E.) coli bacteria, which originates as a harmless microorganism in the intestines.

您知道吗?
大约75至90%的泌尿道感染于肠道开始，起源由一种称为大肠杆菌的微生物。

3-in-1 Nutrition For A Lifetime Of Balanced Female Health

As a woman ages, bone health and menopausal symptom relief become increasingly important. *EstrAval* is our 3-in-1 herbal supplement that helps naturally promote women's health. Each *EstrAval* capsule contains:

- 75 mg of soy to support bone health; soy also mimics estrogen to help reduce the occurrence of hot flashes in menopausal women
- 50 mg of dong quai which is high in phytoestrogens and has been used to promote uterine health and to help regulate the menstrual cycle
- 25 mg of black cohosh which is recognized as a non-steroidal compound that imitates a woman's own estrogen

Specially formulated with a synergistic blend of herbs, *EstrAval* helps deliver the extra support you need for your bone health and energy levels as you go through life's natural changes.

三合一的永久女性保健

女性随着年龄的增长，身体会产生很多不适，生理机能健康也会有所下降。艾薇尔是3合1天然草本补充剂，专为维持女性健康量身设计。每粒艾薇尔胶囊富含：

- 75毫克的大豆促进骨骼的健康；大豆有如植物雌激素可帮助妇女生理期的不适
- 50毫克的当归含丰富的植物雌激素，有效促进子宫的健康，减低生理期不适
- 25毫克的黑升麻平衡女性生理机能、情绪波动等，来维持女性身体健康

由各种天然草本精华植物萃取而成，艾薇尔有效维持您的骨骼健康及调节生理机能，让美好的生活时刻伴随您。

EstrAval®† *60 capsules*
艾薇尔 60胶囊
2390 S$42.00 (S$27.90pc 10pts)

Supplement Facts
Serving Size: 1 Capsule

	Amount Per Serving	% Daily Value*
Dried Soy Extract (40% isoflavones)(soybean)	75 mg	†
Dried Dong Quai Extract (1% ligustilide)(root)	50 mg	†
Dried Black Cohosh Extract (8% triterpenes)(root)	25 mg	†

† Daily Value not established.
Other ingredients: Microcrystalline Cellulose, Gelatin, Magnesium Sterate and Silicon Dioxide.

Recommended Dosage
Take 1 *EstrAval* capsule twice daily.
适当用量
每日2粒，每次服用1粒**艾薇尔**。

Do You Know?
A diet high in soy protein has been proven to help ease postmenopausal hot flashes.

您知道吗?
含高量大豆蛋白的饮食可帮助舒缓绝经后潮热状况。

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New Level Of
Performance And Endurance
体力的新境界

Anytime you go for a run, sweat it out in the gym, or play a few sets of tennis, you naturally lose hydration, critical electrolytes and energy. During intense exercise, perspiration loss can exceed two liters per hour! Dehydration could cause negative consequences such reduced oxygen supply to muscle cells, impaired heat exchange, headaches, tiredness and poor concentration, which could negatively impact your health and performance.

Water is great at keeping you hydrated, but when you are involving in intense exercise, it does not provide and replenish the valuable electrolytes you need. Now, with Melaleuca's thirst quenching *Sustain Sport* hydrating sports drink - fortified with critical electrolytes such as calcium, sodium, magnesium and potassium - you can expect optimal hydration and recovery! These electrolytes are responsible for regulating the electrical charge and flow of water across cell membranes, and are absolutely essential for the proper functioning of each cell.

Sustain Sport contains a proprietary electrolyte complex of calcium, sodium, magnesium and potassium, which helps to:

- Rehydrate your cells during and after your workout
- Replenish your electrolyte loss
- Recover with adequate water and electrolyte

Available in convenient, individually-packed sachets, *Sustain Sport* comes in a delicious Lemon Blast flavor.

当您跑步时、在健身房里面大汗淋漓时、又或者打了几回合的网球后，您的身体会自然地流失掉大量水分、电解质以及能量。当身体经受强力训练时，每个钟头所流的汗甚至会超过两升之多！脱水过多有可能导致严重的负面后果，如肌肉细胞供氧不足、体温自身调节能力减弱、头痛、疲惫不堪、以及精神恍惚等等，这一切都将会对您的健康与行为造成严重负面影响。

饮用水能让您保持水分，然而当您在剧烈运动时，一般的饮用水并不能够为您的身体提供补充有效的电解质。现在，美乐家的Sustain Sport电速运动饮料 – 补充运动所需诸如钙、钠、镁、和钾等重要电解质，为您迅速补充水分、恢复体力！这些电解质对调节人体的电荷以及细胞膜间水分的传输起着极其重要的作用，绝对是身体各细胞正常运作的关键所在。

Sustain Sport电速运动饮料的专属电解复合包含钙、钠、镁、和钾，能够有助于：

- 运动时、运动后补充身体细胞水分
- 补充电解质的流失
- 让充足的水分与电解质恢复体力

便利的独立包装、清爽的柠檬口味，Sustain Sport电速运动饮料期待您来一饮为快。 ~~Stick $65~~

Sustain Sport Lemon Blast† ★
15 packets
电速运动饮料柠檬口味15包装
8436 S$42.00 (S$27.90pc 7pts)

Instant Mix (@ 110) 70.00

Stick $109 7pts (#65.00) 8pts

† Coming soon to Malaysia. 即将登陆马来西亚地区。

Recommended Dosage
Empty one packet of *Sustain Sport* into 500mL of water. Mix well or shake.
适当用量
将一小包**电速运动饮料**冲入500mL的水中。充分搅拌摇匀即可饮用。

Do You Know?
That essential electrolytes are lost during high intensity exercises and these electrolytes must be replaced to help regulate your body's fluids.

您知道吗?
人体所必需的电解质在剧烈运动中会流失，必须加以补充这些电解质以调节人体体液平衡。

Supplement Facts
Serving Size: 500mL (1 Packet 28g)
Servings Per Container: 15

	Amount Per Serving*	% Daily Value*
Calories	109	22
Kilojoules	458	92
Protein (g)	0	0
Total Fat (g)	0	0
Total Carbohydrates (g)	27	5.4
Sugar (g)	26	5.2
Sodium (mg)	334	66.7
Potassium (mg)	95	19
Magnesium (mg)	27	5.4
Calcium (mg)	189	37.8

*Average Amounts

INGREDIENTS: Fructose, Dextrose, Citric Acid (acidity regulator, antioxidant), Flavor Lemon (Natural), Malic Acid (acidity regulator), Sodium Citrate, Sodium Chloride, Potassium Chloride, Ascorbic Acid, Calcium Lactate, Silicon Dioxide (anti-caking agent), Magnesium Sulfate. No artificial colors.

The Ultimate Fiber Boost
最佳纤维原助力

Recommended Dosage
A *FiberWise* Drink is recommended twice daily to help fill in the gaps in your diet.
适当用量
每日冲喝活力宝纤饮品2次，弥补日常饮食的空缺。

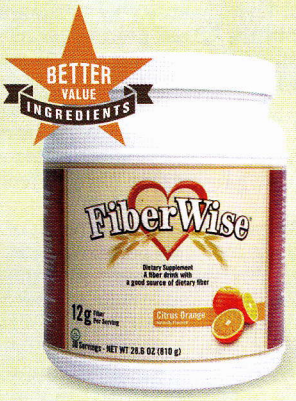
Do You Know?
The process of aging may compromise the health of colon, which may lead to reduced intestinal motility.

您知道吗?
老化过程会导致结肠健康的衰退，并间接影响肠的能动性。

Supplement Facts
Serving Size: 2 Scoops (about 27g)
Servings Per Container: 30

	Amount Per Serving	% Daily Value*
Calories	90	
Calories from Fat	10	
Total Fat	1 g	2%
Total Carbohydrate	24 g	8%
Dietary Fiber	12 g	48%
Soluble Fiber	10 g	†
Insoluble Fiber	2 g	†
Sugars	8 g	†
Vitamin A	1120 IU	22%
Vitamin C	30 mg	50%
Vitamin E	15 IU	50%
Folic Acid	145 mcg	36%
Proprietary Blend	15.85 g	†

* Percent Daily Values based on a 2,000 calorie diet.
† Daily Value not established.
Ingredient:
Fructose, Psyllium Husk, Inulin, Rice Bran Powder, Fructooligosacharides, Maltodextrin Fiber, Citrus Orange Flavoring, Citric Acid, Soy Lecithin, Oat Fiber, Annatto Color, Apple Fiber, Silicon Dioxide, Acesulfame K, dl-Alpha Tocopheryl Acetate, Ascorbic Acid, Retinyl Palmitate, Green Tea Extract, Grape Seed Extract, Aloe Vera Leaf Extract, Licorice Root Powder, Burdock Root Powder, Peppermint Leaf Powder, Ginger Extract, Lactobacillus Sporogenes, Folic Acid.
This FiberWise contains the artificial sweetening agent Acesulfame K.



A Truly Wise Choice

According the American Heart Association the recommended fiber intake should range from 25-35 grams a day. But if you're like most folks who struggle to get enough fiber from fruits, vegetables and grains, why not try *FiberWise* as a part of your typical diet.

A full serving of *FiberWise* combines 12 grams of fiber with an extra-fine blend of psyllium husk. *FiberWise* also contains insoluble fiber from oats and rice to help sweep away toxins and waste as it makes its way through your digestive tract. A blend of burdock root, grape seed, green tea and vitamins A, C and E further enhances digestive comfort.

With the wholesome fibers and its unique blends of herbal nutrients, you can now enjoy all the benefits of having a healthier digestion in a cup. The tantalizing citrus orange flavored taste makes it more delicious to drink!

明显、明智的选择

根据美国心脏协会的推荐，每天必须摄取25至35克的纤维有助健康。但是如果您想其他人一样，觉得从水果、蔬菜和五谷杂粮中摄取纤维是件艰难的事情，为何不尝试加入活力宝纤饮品做为饮食的一部分呢?

活力宝纤饮品每份富含12克的天然健康纤维结合了较细的洋车前子壳。活力宝纤饮品也富含从燕麦和米中提取的非溶解性纤维，能帮助维持正常的排泄系统和排除体内毒素。同时也富含牛蒡根、葡萄籽、绿茶、维生素A、C、和E，以天然的方式舒缓消化道不适。

混合了健康的纤维和多种天然植物萃取物，每日饮用一杯，享受健康活力每一天。结合了鲜橘口味，使口感细腻纯佳，让您爱不释手!

FiberWise® Drink† *30 servings*
活力宝纤饮品 30份
8589 S$59.00 (S$36.90pc 10pts)
$135.00 RM89.00 10pts

Vitality for Life™ Blender Bottle
生命活力混合瓶
9199 S$11.90 (S$11.90pc 0pts)
9199 RM29.00 (RM29.00pc 0pts)

Vitality for Life™ Mixing Shaker
生命活力搅拌器
1631 S$2.00 (S$2.00pc 0pts)
1631 RM5.00 (RM5.00pc 0pts)

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Managing Weight Has Never Been This Satisfying!

控制体重确实满足！

STOMACH 胃

Inulin Fiber
(from Chicory Root)
菊糖纤维
(取自于菊苣根)

Oat- & Barley-Sourced Beta-Glucan
燕麦和大麦所汲取的酵母葡聚糖

BRAIN 大脑

Potato Protein Extract
甘薯蛋白萃取物

Milk-Sourced Whey Protein
乳清蛋白粉

Recommended Dosage
Add 1 scoop of *Attain Shake* powder to 1 cup of water. Stir or shake until smooth. Drink immediately.
适当用量
将1匙**安恬营养饮品**加入1杯水。搅拌或摇晃直到均匀为止。即刻饮用。

Do You Know?
Protein is an essential nutrient primarily used in the body to build, maintain and repair body tissues.

您知道吗?
蛋白质是主要营养之一，可帮助确保人体构造、维持、及修复细胞组织。

Weight Management Can Be That Easy

Research has shown that being overweight and obese increase one's risk for developing many chronic illnesses such as diabetes and cardiac disease. Adopting a healthy lifestyle to achieve meaningful weight loss can significantly reduce the risk of developing such diseases.

In a world filled with calories and temptations, it's all too easy to give in to cravings. That's exactly why Melaleuca created the all-new *Attain Shakes*. Powered by the patent-pending power of all-natural *CraveBlocker*, *Attain Shakes* addresses the root cause of failure – two sources of hunger cravings – and helps fight them naturally.

Stomach – An empty stomach can lead to overeating. *CraveBlocker*'s combination of natural oat- and barley-derived beta-glucan and inulin fiber swells in your stomach, helping create a physical feeling of fullness that fights hunger cravings.

Brain – Many cravings are the result of the tempting sights and smells. Using the power of natural whey protein isolates and potato protein extract, *CraveBlocker* helps fight the crave by promoting the release of cholecystokinin (CCK), a hormone that tells your brain to turn off hunger cravings by inducing feelings of fullness and satisfaction.

Combined with an exercise program such as a daily 30-minute brisk walk and you would be on your way to a successful weight loss!

瘦身守住婀娜多姿的身材，如此简单
调查显示肥胖会提升患上各种疾病如糖尿病、心血管疾病的机率。保持健康的生活方式以达到瘦身效果能够显著降低患上疾病的机率。

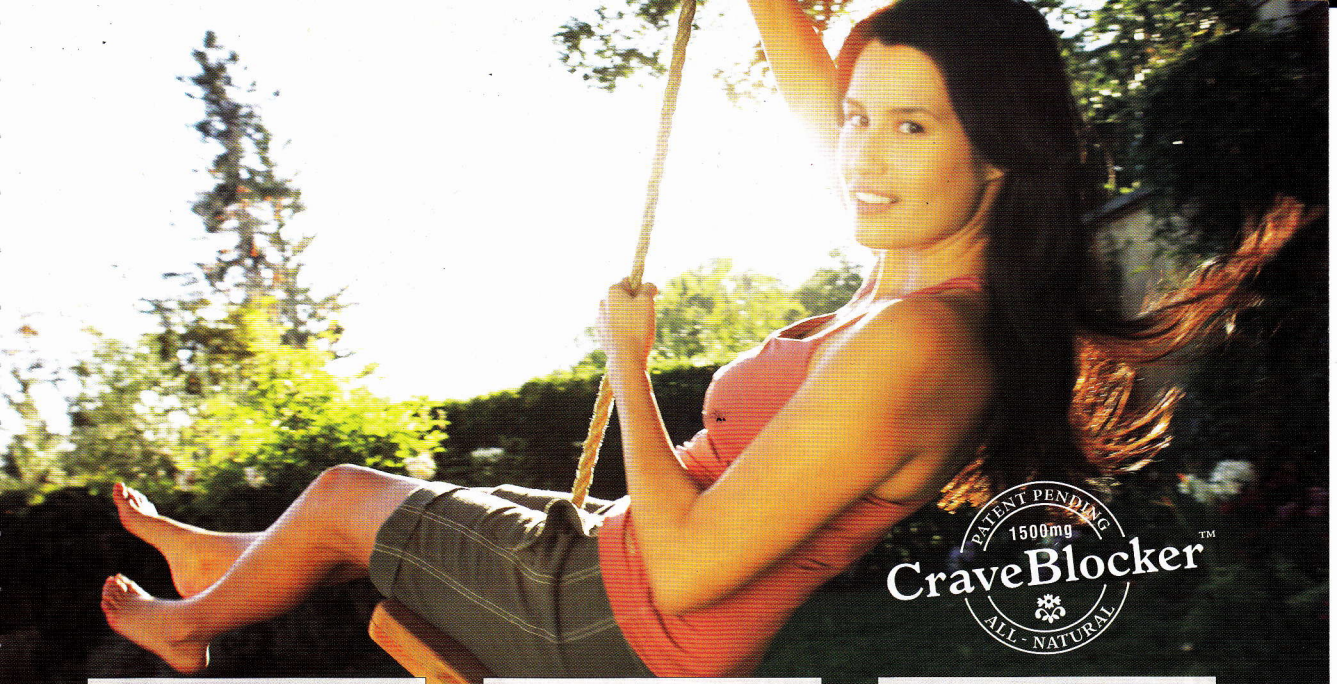
在面对这些毫无营养价值的美食诱惑时，人们往往难以抗拒。这就是美乐家创造全新安恬营养饮品的原因。全新安恬营养饮品蕴含即将获得专利权、纯天然成份的CraveBlocker，帮助对抗您的饥饿感。

胃 – 空腹可导致暴饮暴食的习惯。CraveBlocker来自于天然燕麦和大麦中所汲取的酵母葡聚糖和菊糖纤维，混合一起后在您的胃中会膨胀，因此产生饱胀的感觉。

大脑 – 一旦看见或闻到美食就容易引起食欲。蕴含了提炼的天然乳清蛋白粉和甘薯蛋白萃取物，CraveBlocker促进胆囊收缩素的释放，提醒您的大脑停止食欲、并产生饱胀与充足感。

安恬营养饮品与运动相结合效果更佳，坚持每天做运动，如快速步行30分钟，成功减轻体重胜利在望！

Attain Shakes® *14 servings*
安恬营养饮品 14份
S$56.00 (S$36.90pc 9pts)
RM120.00 (RM90.00pc 9pts)
8991 Milk Chocolate 牛奶巧克力
8992 Vanilla 香草
8993 Strawberry 草莓



Attain Milk Chocolate

Supplement Facts

Serving Size 1 scoop (30g)
Servings Per Container 14

Amount Per Serving	with 8 fl oz of water	with 8 fl oz of fat free milk
Calories	120	210
Calories from Fat	25	25
		% Daily Value**
Total Fat 3.0g*, 3.0g†	5%	5%
Saturated Fat 0g, 0g	0%	0%
Trans Fat 0g, 0g		
Cholesterol 5mg, 10mg	2%	4%
Sodium 115mg, 235mg	5%	10%
Total Carbohydrate 14g, 27g	5%	9%
Dietary Fiber 3g, 3g	12%	12%
Sugars 7g, 19g		
Protein 10g, 19g		
Vitamin A	0%	10%
Vitamin C	0%	2%
Calcium	8%	35%
Iron	4%	4%

*Amount in mix †Amount as prepared with 8 fl oz of fat-free milk

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Crystalline fructose, CraveBlocker (inulin/fructo-oligosaccharides, whey protein isolate [milk], barley fiber, potato protein extract, oat bran and microcrystalline cellulose), soy protein isolate, cocoa powder (processed with alkali), calcium caseinate, natural and artificial flavors, whey protein concentrate, maltodextrin, high oleic sunflower oil, corn syrup solids, sodium caseinate, mono- and diglycerides, xanthan gum, guar gum, salt, cellulose gum, dipotassium phosphate, calcium phosphate, soy lecithin, acesulfame potassium, sucralose, tocopherols.

Contains: soy and milk.

Produced on machinery that also processes egg, fish, peanut, shellfish, tree nuts, and wheat.

Attain Vanilla

Supplement Facts

Serving Size 1 scoop (30g)
Servings Per Container 14

Amount Per Serving	with 8 fl oz of water	with 8 fl oz of fat free milk
Calories	120	210
Calories from Fat	30	30
		% Daily Value**
Total Fat 3.5g*, 3.5g†	5%	5%
Saturated Fat 0.5g, 0.5g	3%	3%
Trans Fat 0g, 0g		
Cholesterol 0mg, 5mg	0%	2%
Sodium 120mg, 245mg	5%	10%
Total Carbohydrate 14g, 27g	5%	9%
Dietary Fiber 3g, 3g	12%	12%
Sugars 8g, 20g		
Protein 10g, 19g		
Vitamin A	0%	10%
Vitamin C	0%	2%
Calcium	8%	35%
Iron	4%	4%

*Amount in mix †Amount as prepared with 8 fl oz of fat-free milk

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Crystalline fructose, CraveBlocker (inulin/fructo-oligosaccharides, whey protein isolate [milk], barley fiber, potato protein extract, oat bran and microcrystalline cellulose), soy protein isolate, calcium caseinate, natural and artificial flavors, whey protein concentrate, maltodextrin, high oleic sunflower oil, corn syrup solids, sodium caseinate, mono- and diglycerides, xanthan gum, guar gum, salt, cellulose gum, dipotassium phosphate, calcium phosphate, soy lecithin, sucralose, tocopherols.

Contains: soy and milk.

Produced on machinery that also processes egg, fish, peanut, shellfish, tree nuts, and wheat.

Attain Strawberry

Supplement Facts

Serving Size 1 scoop (30g)
Servings Per Container 14

Amount Per Serving	with 8 fl oz of water	with 8 fl oz of fat free milk
Calories	120	210
Calories from Fat	30	30
		% Daily Value**
Total Fat 3.5g*, 3.5g†	5%	5%
Saturated Fat 0.5g, 0.5g	3%	3%
Trans Fat 0g, 0g		
Cholesterol 0mg, 5mg	0%	2%
Sodium 110mg, 230mg	5%	10%
Total Carbohydrate 14g, 27g	5%	9%
Dietary Fiber 3g, 3g	12%	12%
Sugars 8g, 20g		
Protein 10g, 19g		
Vitamin A	0%	10%
Vitamin C	0%	2%
Calcium	6%	30%
Iron	6%	6%

*Amount in mix †Amount as prepared with 8 fl oz of fat-free milk

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Crystalline fructose, CraveBlocker (inulin/fructo-oligosaccharides, whey protein isolate [milk], barley fiber, potato protein extract, oat bran and microcrystalline cellulose), soy protein isolate, calcium caseinate, natural and artificial flavors, whey protein concentrate, maltodextrin, high oleic sunflower oil, corn syrup solids, sodium caseinate, mono- and diglycerides, beet juice powder, xanthan gum, guar gum, salt, cellulose gum, dipotassium phosphate, calcium phosphate, soy lecithin, sucralose, tocopherols.

Contains: soy and milk.

Produced on machinery that also processes egg, fish, peanut, shellfish, tree nuts, and wheat.

These statements have not been evaluated by the US Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
请遵医嘱，此产品不可代替药品及检查治疗或预防用。

A Patented, Innovative Sports Nutrition
创新的运动营养保健

US PATENTED FORMULA

If you are like most people, your body does a good job at storing energy in the form of fat. But your body may not be as good at converting that fat back into energy. Even if you're active, your body sees fat as an asset that it won't give up easily.

When you start to work out, your body creates a chemical called adenosine that inhibits the conversion of fat into energy. Adenosine may be keeping your body from using the fat you want to lose. *Access Performance Bars* stop adenosine from taking effect. When you eat a great-tasting *Access Bar* 15 minutes before you exercise, your energy levels will soar and you'll burn fat – both vital for reaching your fitness goals.

如果您像大多数人那样，身体容易将能量直接转换为脂肪储存起来。但是，您身体可能无法有效地把脂肪转换成能量。虽然您经常运动，脂肪也很难消耗。

当您运动时，身体会有腺苷效应的产生。这种效应逐渐地累积，阻碍身体消耗脂肪。活力棒可以帮助改变这一切，它可以抑制腺甘效应。在运动前15分钟食用活力棒，您会发现更有精力，更容易消耗脂肪 – 让您达到健康的目标，使身材匀称。

Access® Performance Bars *pack of 10*
活力棒 10包装
S$46.90 (S$30.90pc 10pts)
RM95.00 (RM70.00pc 10pts)
8120 Chocolate Caramel Kruncher 巧克力焦糖
8315 Mint Chocolate Ice 薄荷巧克力

Recommended Dosage
Access Bars is most effective when consumed on an empty stomach 15 minutes prior to activity.
适当用量
运动15分钟前空腹食用**活力棒**，效果最佳。

Do You Know?
Brisk walking for 30 minutes can help burn up to 180 calories.

您知道吗?
进行30分钟的轻快步行可帮助消耗180卡路里。

Nutrition Facts
(Chocolate Caramel Kruncher)
Servings Size: 1 Bar (30g)
Servings Per Container 10
Amount per serving
Calories 110 Calories from Fat 30

	% Daily Value
Total Fat 3.5g	5%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Potassium 210mg	6%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugar 7g	
Protein 2g	
Vitamin A 0% • Vitamin C 0%	
Calcium 2% • Iron 10%	

Ingredient:
Maltitol syrup, rice flour, brown rice syrup, cocoa (processed with alkali), sugar, fractionated palm kernel and palm oil, nonfat milk, lactose, milk protein concentrate, cream, dextrose, glycerine, natural flavor, salt, butter (cream, salt), soy lecithin, mono- and diglycerides, sodium phosphate, carrageenan.

Nutrition Facts
(Mint Chocolate Ice)
Servings Size: 1 Bar (30g)
Servings Per Container 10
Amount per serving
Calories 120 Calories from Fat 35

	% Daily Value
Total Fat 4g	6%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Potassium 170mg	5%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Sugar 7g	
Protein 2g	
Vitamin A 0% • Vitamin C 0%	
Calcium 2% • Iron 10%	

Ingredient:
Rice flour, brown rice syrup, maltitol syrup, sugar, cocoa (processed with alkali), fractionated palm kernel and palm oil, soy protein isolate, maltitol, maltodextrin, high maltose corn syrup, glycerine, whey protein isolate, soybean oil, casein, lactose, invert evaporated cane juice, fructose, oat fiber, natural flavor, dextrose, titanium dioxide added for color, soy lecithin, salt.
Contains milk, soybean. Produced on equipment that also processes peanuts, tree nuts, egg, wheat, sesame.

Keeping You Energized
保持活力充沛

Starting your day with a cup of coffee in the morning may be a daily beverage routine for most people. Why not kick-start your day with *Mel-Up1000*? A single bottle of *Mel-Up1000* contains a nutritious blend of Royal Jelly (1000mg), Vitamin C (1000mg), ginkgo biloba extract, 3 essential amino acids, and fortified with vitamin B complex to give you that extra boost you need a day. Get revitalized now and start your *Mel-Up1000* today!

每天清晨饮用一杯咖啡已成为大多数人的日常习惯。为何不尝试饮用Mel-Up1000果汁饮品呢？每瓶Mel-Up1000果汁饮品富含蜂皇浆（1000毫克）、维生素C（1000毫克）、银杏萃取物、混合3种所需的氨基酸、和加强混合维生素B，让您全天精力充沛，神采飞扬。现在选择服用Mel-Up1000果汁饮品开始您的一天吧！

Mel-Up1000† *pack of 10*
Mel-Up1000果汁饮品 10瓶装
7326 S$62.00 (S$41.90pc 14pts)

Nutrition Facts
Servings Size: 110mL (per bottle)
Servings Per Container 10

Energy	61kcal
Protein	0.2g
Fat	0.1g
Carbohydrate	15g
Sodium	37mg
Vitamin C	1000mg
Vitamin B1	3mg
Vitamin B2	3mg
Vitamin B6	5mg
Vitamin B12	6mcg
Niacin	14.5mg
Pantothenic acid	10mg
Lysine	16mg
Phenylalanine	2mg
Royal Jelly	1000mg
Ginkgo Biloba Extract	100mg

Recommended Dosage
Drink 1 bottle of *Mel-Up 1000* per day.
适当用量
每日服用1瓶**Mel-Up1000**果汁饮品。

Do You Know?
Vitamin B's are essential for supporting energy metabolism and maintaining proper nerve function.

您知道吗?
维生素B群的主要功能包括支持能量代谢，维持正常神经操作。

† Coming soon to Malaysia. 即将登陆马来西亚地区。

These statements have not been evaluated by the US Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
请遵医嘱，此产品不可代替药品及检查治疗或预防用。